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## THREE TO WATCH IN SOCHI

- 5 a.m. Charles Hamelin, who won two gold in Vancouver, looks to hit the podium in the 1,500-metre short track.
- 8 a.m. Canada competes in men's curling and women's hockey.
- 11 a.m. Canada looks to continue its moguls dominance, this time on the men's side. Alex Bilodeau, seen here, will look to defend his Vancouver Olympic title — and his biggest competition is Canadian teammate Mikaël Kingsbury. GREG DOWNS/FOR METRO



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# Osmond helps team secure silver

**Local talent.** Young ice skaters inspired by Osmond's rise to Olympic stardom

LEAH GERMAIN  
leah.germain@metronews.ca

More than 150 people gathered early Sunday morning to cheer on locally grown Kaetlyn Osmond as she helped lock down an Olympic silver medal for Canada's figure-skating team.

Friends, family and members of the Ice Palace Figure Skating Club packed into West Edmonton Mall's Scotiabank Movie Theatre just before 8 a.m. to watch Osmond's free-skate performance, said club co-ordinator Christel Senkoe.

"These kids, they are such a close group of kids, so when

one of them succeeds, the entire club succeeds," Senkoe said.

"They rally together for everybody, but at this level we are just so proud of Kaetlyn and everything she has achieved."

Jessica Gosse, one of Osmond's first coaches, said the Olympian has become a huge inspiration to the Ice Palace's youngsters.

"Everyone was very excited, especially all the young skaters who are just six and seven," Gosse said.

"They were just amazed to see Kaetlyn there, and it was great energy."

In her first Olympic performance, Osmond, 18, finished fifth in the women's free skate on Sunday. Despite a fall during her performance, it was enough to help propel the team to a silver medal.

But even before the podium finish, Gosse said Osmond was an inspiration.



Canada's Kaetlyn Osmond performs her free program in the women's portion of the team figure-skating event at the Winter Olympics in Sochi on Sunday. Osmond helped Canada obtain a silver medal. PAUL CHIASSON/THE CANADIAN PRESS

Dream big

**"Even from watching my skaters train since Kaetlyn left for the Olympics, they believe that it is possible."**

Jessica Gosse, one of Osmond's first coaches

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# Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in – what one could say was – a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon became debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as *Pseudomonas aeruginosa*, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do.

"I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.



Alysa Samaratunga, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again." Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to [organsandtissues.ca/donate](http://organsandtissues.ca/donate) and click on your province to find out how to become a donor.

## Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.\* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

\* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009



**Canadian Blood Services**  
Société canadienne du sang



# Give the gift of sight. Please consider becoming an eye donor.

Information: [www.organsandtissues.ca/donate](http://www.organsandtissues.ca/donate)



**Canadian Blood Services**  
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'Higher risk'

## Data points to bad drivers

The city's Office of Traffic Safety isn't just using its data to track the worst intersections, they are also using it to crack down on the city's worst drivers.

Gerry Shimko, the office's director, said when they analyze patterns from photo-enforcement cameras, police issued tickets and collisions, they find some drivers really are worse than others — a lot worse.

"The data says that most 90 plus per cent of people, who are detected by the automated enforcement system, will change their behaviour, but there is a certain group that will not change," he said.

The office now forwards a list of those high-risk drivers to police, who make an effort to track them more closely, which Shimko said he is confident is reducing collisions.

"We know that all collisions are not random. There is a higher risk with certain drivers," he said.

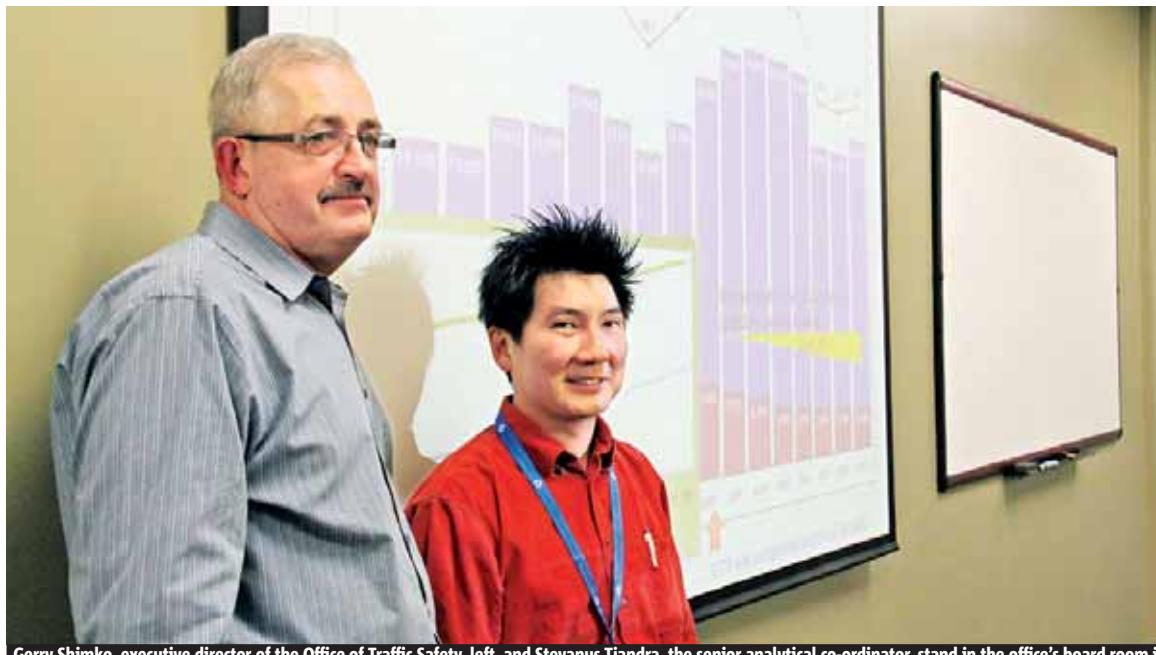
Edmonton police Supt. Kevin Galvin said these sorts of drivers tend to also have criminal driving issues as well.

"They approach the law differently and they approach the rules of the road differently," he said.

He added using the data means they find the worst dangerous drivers.

"Instead of looking for people, it looks for frequencies of abnormal behaviour and then it gives us a list of people," he said. "The chances of us finding these individuals without the matrix would be just happenstance."

RYAN TUMILTY/METRO



Gerry Shimko, executive director of the Office of Traffic Safety, left, and Stevanus Tjandra, the senior analytical co-ordinator, stand in the office's board room in south Edmonton. The office uses data from a wide variety of areas to curtail dangerous intersections. RYAN TUMILTY/METRO

# Traffic safety – one data point at a time

**Crashes.** Small intersection changes reducing collisions across the city



**RYAN  
TUMILTY**

ryan.tumilty@metronews.ca

Closer attention to the nuances of traffic collisions has helped the city engineer a dramatic drop in crashes at one pesky Edmonton intersection.

Between 2004 and 2009, anywhere between 21 and 42 crashes happened on the west-

bound exit ramp from Yellowhead Trail to Victoria Trail annually, many with serious injuries. Since 2010 there have been just five.

Using detailed data, the city's Office of Traffic Safety figured out why the crashes were happening in the right hand turn lane and a quick redesign has led to the drop.

Gerry Shimko, the office's director, said the changes are part of a wider effort to use the data, effectively cutting injury collisions in half over seven years — from 6,029 in 2006 to just 3,226 last year.

"It's like a good investiga-

tion, like the CSI of traffic safety," he said.

On 170 Street near 95 Avenue, the team identified another problem, but had to gather unique data to find a fix.

"We know it's on Saturday. We know it's early and we know it's out-of-town cars," said Shimko.

The problem they identified is that out-of-town drivers realized too late that the right hand lane exits onto 95 Avenue. Thus, they made an aggressive lane change, frequently winding up in a wreck.

Stevanus Tjandra, an ana-

lytical safety officer, said a warning sign was placed in the area, and the result was a significant drop in crashes.

The office isn't just looking at one-off locations. As a comprehensive change, putting in more left-hand turn-only lights and redesigning right turns has led to a significant city-wide drop in collisions.

Shimko said the changes might reduce the vehicles getting through, but ultimately the changes are for drivers' safety.

"You engineer safety and you just do safety over capacity," Shimko said.

1  
NEWS

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# Local team revolutionizing radiation treatment: Expert

**Cancer.** Device allows doctors to use stronger doses of radiation by avoiding healthy tissue

LEAH GERMAIN  
leah.germain@metronews.ca

Local researchers are hoping to take the guesswork out of radiation treatment for thousands of Albertans each year.

Researchers at Alberta's Cross Cancer Institute are working to build a full-scale Linac-MR — a machine that delivers radiation to the exact location of a tumour.

According to Dr. Gino Fallone, a medical physicist and lead researcher for the project, treating cancer tumours with radiation is like trying to hit a moving target.

Despite currently technology, it's been nearly impossible to find the exact location of a cancer tumour, since the organs in the body are always

moving, Fallone said.

Traditionally, radiation was administered to an area where doctors could only estimate a tumour is located based on MRI and CT exams. Often that uncertainty would lead to radiation hitting tissue around the tumour, which meant treatment could only be delivered in low doses.

"We'd always hit the healthy tissue," Fallone said. "We decrease the dose drastically, and the patient has to come more often."

Fallone, along with his team, has developed a machine that uses a process called Advanced Real-Time Adaptive Radiotherapy (ART), which allows doctors to deliver radiation to the precise area of the tumour, enabling them to treat patients with higher dosages.

Dr. Matthew Parliament, a radiation oncologist at the Cross Cancer Institute, said Fallone's research is groundbreaking for cancer patients.

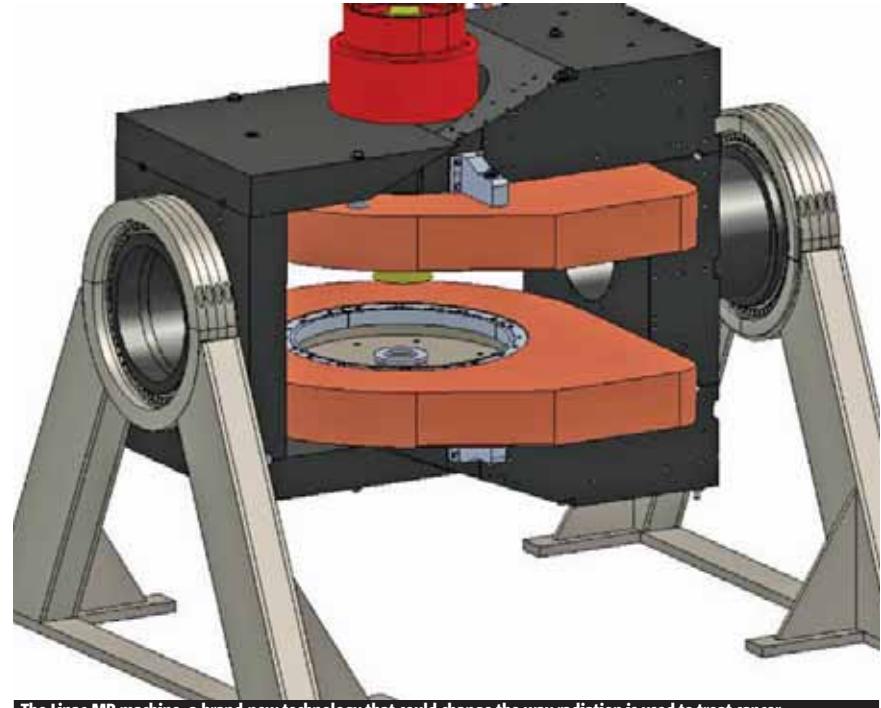
"We're tremendously excited about its potential to revolutionize the way we give

## Progress

- Fallone and his team built a prototype of the Linac-MR in 2008.
- The team is working on a \$5 million grant from Alberta Innovates Health Solutions.
- The Linac-MR combines the power of a MRI and a linear accelerator to deliver radiation.

radiation treatment for cancer," Parliament said, adding that with 16,000 cancer diagnoses every year, one in three of those patients undergoes radiation.

Not only will the Linac-MR target cancer cells while limiting damage to healthy tissue, but it can also be used to treat any cancer tumour, including tumours in the gastro-intestinal area, which would not normally be treated through radiation, Fallone added.



The Linac-MR machine, a brand-new technology that could change the way radiation is used to treat cancer. CONTRIBUTED

# Students losing patience on fees: Union president



U of A student-union president Petros Kusmu is calling on the province to do something about mandatory non-instructional fees. LEAH GERMAIN/METRO

Students are fed up with the province's slow response to their concerns about increasing mandatory non-instructional fees, says the University of Alberta's student-union president.

Following a meeting with Dave Hancock, minister of innovation and advanced education, over the weekend, student-union president Petros Kusmu said students are expecting more action.

"We would like to see at least some regulation," said Kusmu.

**Standing still**  
**"This has been an issue we've been talking about as student leaders for over four years now in the province, and we have seen a provincial government do essentially nothing on the file."**

University of Alberta's student-union president Petros Kusmu

"This has been an issue we've been talking about as student leaders for over four years now in the province, and we have seen a provincial government do essentially nothing on the file."

Kusmu said it has been frustrating to watch four different ministers cycle through the advanced-education portfolio, making it even more difficult to make progress on the issue. Currently, U of A students

pay \$151.42 each year for the fees.

According to Hancock, the province is already doing a review of tuition and funding models, but "there's not a lot of meat to that yet."

"(Students) obviously are very concerned, particularly about non-instructional fees and how those are handled.... There's no sense of just looking at tuition and not looking at the whole issue of how students are charged and what they're charged," Hancock added. LEAH GERMAIN/METRO

## Overcrowding

### Province ready to announce new area schools

The province is set to announce more new schools in Edmonton on Monday, including a new public school in the Ambleside neighbourhood in the city's crowded southwest, Metro

has learned.

The province scheduled an announcement at 10 a.m. with Education Minister Jeff Johnson at a school in Mill Woods.

Premier Alison Redford promised during the election to add 50 new schools across the province and complete 70 modernizations.

Sources say the province will fulfill its new-school promise before the end

of the month and that Monday's announcement includes the last schools for Edmonton and Calgary as part of that initiative.

Mike Lanteigne, chair of the Esther Starkman School council, said he hoped the announcement would include some relief for overcapacity schools like his.

"It would be great to have multiple schools in the southwest, particularly out-

side the ring road," he said. Local MLA Matt Jeneroux said he knows the pressure is acute in the southwest.

"We have a lot of young families with kids getting close to school age," he said. "We are pretty excited to hear that there will be new schools."

Lanteigne said that with more growth expected in the area, he hopes the province plans ahead so schools

don't inevitably remain at capacity and so the area is ready when the elementary students grow up.

"We are going to need a high school south of the ring road as well," he noted.

Jeneroux agreed a high school will be necessary in the not-too-distant future.

"That will be the next battle. I think right now it feels like we are catching up," he said. RYAN TUMILTY/METRO



Education Minister Jeff Johnson is set to make an announcement on new schools Monday. METRO FILE



# INFO WEEK

FEBRUARY 10-13, 2014 | ALL SESSIONS AT 6:00 & 7:15 PM

## MONDAY, FEBRUARY 10

### BUSINESS & ADMINISTRATION

- Applied Banking & Business
- Bachelor of Applied Business Administration - Accounting
- Bachelor of Applied Business Administration - Finance
- Business Administration Accounting
- Business Administration Finance
- Business Administration Human Resources Management
- Business Administration Management
- Business Administration Marketing
- Bachelor of Business Administration
- Captioning & Court Reporting

### MEDIA & DESIGN

- Digital Media & IT
- Graphic Communications
- Photographic Technology
- Radio & Television

### HOSPITALITY & CULINARY ARTS

- Baking
- Culinary Arts
- Hospitality Management
- Professional Meat Cutting and Merchandising

## TUESDAY, FEBRUARY 11

### ENGINEERING TECHNOLOGIES

- Biomedical Engineering Technology
- Chemical Engineering Technology
- Civil Engineering Technology
- Electrical Engineering Technology
- Engineering Design & Drafting Technology
- Geological Technology
- Geomatics Engineering Technology
- Instrumentation Engineering Technology
- Materials Engineering Technology
- Mechanical Engineering Technology
- Nanotechnology Systems
- Petroleum Engineering Technology

### IT & ELECTRONICS

- Bachelor of Applied Information Systems Technology
- Computer Engineering Technology
- Computer Network Administrator
- Digital Media & IT
- Electronics Engineering Technology
- Network Engineering Technology
- Wireless Systems Engineering Technology

## WEDNESDAY, FEBRUARY 12

### BUILDING CONSTRUCTION & DESIGN

- Architectural Technology
- Building Environmental Systems Technology & HVAC
- Construction Engineering Technology
- Interior Design Technology

### ENVIRONMENTAL MANAGEMENT

- Alternative Energy Technology
- Biological Sciences Technology
- Chemical Technology
- Forest Technology
- Geological Technology (GeoEnvironmental Specialization)
- Landscape Architectural Technology
- Occupational Health & Safety
- Water & Wastewater Technician

### SKILLED TRADES

- Auto Body Repair, Pre Employment
- Automotive Service Technician (Apprenticeship) & Automotive Service Technician - Pre Employment
- CNC Machinist Technician
- Industrial Heavy Equipment Technology
- Millwork & Carpentry
- Power Engineering Certificate & Power Engineering Technology

Info Week is a series of free, program-specific information sessions that zero in on more than 70 program choices at NAIT. The career focus changes each evening, so plan to come to the night that interests you most. All sessions are on Main campus with free parking each evening.

## THURSDAY, FEBRUARY 13

### ANIMAL STUDIES

- Animal Health Technology
- Veterinary Medical Assistant

### HEALTH

- Biological Sciences Technology - Laboratory & Research
- Combined Laboratory & X-Ray Technology
- Cytotechnology
- Dental Assisting
- Dental Technology
- Denturist Technology
- Diagnostic Medical Sonography
- Emergency Medical Services: EMR, EMT, Emergency Medical Technology - Paramedic
- Magnetic Resonance
- Medical Laboratory Assisting
- Medical Laboratory Technology
- Medical Radiologic Technology
- Medical Transcription
- Personal Fitness Trainer
- Respiratory Therapy



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## New digs. Katz deal hard to beat, expert says

The city got an outstanding deal on its new office tower, according to a local commercial realty expert.

The city announced Thursday it had contracted with the Katz Group and WAM to move most of its staff into a new 27-storey tower to be built at 104th Street and 101 Avenue.

The deal will cost the city \$25 per square foot in the first five years and an average of \$36 over the length of the 20-year term.

Cory Wosnack, a principal with Avison Young, said that would be hard for anyone to beat.

"There is absolutely nobody in our business who would argue with the fact that \$36 a square foot, over the length of the term, is an outstanding deal," he said.

Wosnack said because the group has other projects around the site, they might be



A conceptual drawing of the proposed tower. CONTRIBUTED

looking at the bigger picture.

"If you were to be a developer that is expecting a rate of return on one single project, your risk tolerance is different," he said.

He said a five or 10 year lease in similar existing buildings would cost around \$27 a square foot.

RYAN TUMILTY/METRO

### LGBT rights

#### Pride flag to fly at city hall for duration of Games

A pride flag is now flying at Edmonton City Hall following the opening ceremonies at the Sochi Winter Olympics Friday.

Edmonton has joined other Canadian cities like Vancouver, Montreal, Ottawa, and St. John's who have also displayed a pride flag for the duration of the Olympic Games in solidarity with Russia's LGBT community. The flag will hang in Edmonton for the duration of the Sochi Olympics. METRO

### Mischief call

#### Police seek suspect in hydrant tampering

Edmonton Police received a mischief call just after midnight Friday, south of Ellerslie Road near 141 Street, to find a fire hydrant spouting water through the Chappelle neighbourhood. Police say a driver slid off the icy road due to tampering with the hydrant.

Two more fire hydrants were tampered with earlier this week as well.

Anyone with information is asked to contact the Edmonton Police Service at 780-423-4567.

METRO



Calgary's Kelsey Linsig is seen at the base of the Sochi Olympics ski-jumping venue. She said the experience has been memorable so far. COURTESY KELSEY LINSIG

# Sochi spectator has no complaints

**Calgary attendee.**  
Tight security, but spirits high among athletes, fans



JEREMY NOLAIS  
Metro in Calgary

Sochi's security is tight, but Canadian spirits are high, and reports of shoddy hotels and venues have been "over-

blown," according to a Calgary resident taking in the Games.

Metro reached Kelsey Linsig in the wee hours after the second full day of competition in Russia. She admitted prior to the Games to being a "little bit scared" of potential security threats in the host nation — Canada's own public safety minister said in a statement earlier this month that fans taking in the Games "should maintain a high level of vigilance."

But Linsig said the security precautions taken at train stations leading into the athletes' villages calmed her fears — somewhat.

"I've been frisked more times in the last two days than I ever have in my life," she said with a laugh.

Linsig is staying at a hotel in Adler, about a half-hour drive southeast of Sochi. She said it comes complete with "clean, hot, running water."

Twitter pictures from reporters of yellow water com-

ing from their Sochi hotel sinks, broken drapes and other accommodation shortcomings went viral last week.

But Linsig said she believes that, by and large, the Games have gone off without a hitch (she was quick to knock on wood, as the Olympics continue for another two weeks).

"I just feel like the rest of the world is trying to pick apart everything that's wrong with the Games, when, in reality, it's been pretty amazing so far," she said.

## EPS advisory leads to charges

Just hours after his mug shot went viral, a local man turned himself into Edmonton police Sunday in connection with several warrants related to domestic assault.

EPS issued an advisory on Saturday, asking for the public's help in locating 24-year-old Chico Cardinal, who was wanted in connection to several domestic-violence offences.

Cardinal was charged with two counts of break and enter to commit assault, choking to overcome resistance, unlawful confinement and four counts of breaching his conditions.

At the time police issued the warning, it was believed Cardinal had his two-year-old son with him and EPS was concerned about the child's welfare.

Just after 1 a.m. Sunday morning, EPS released a statement noting Cardinal had turned himself in at police headquarters and the boy was also found, safe and sound. METRO



For more local news, visit metronews.ca



The mug shot that police released. CONTRIBUTED

## Clinical Research Study Type 1 Diabetes

A 52-week research study is evaluating the effects of an investigational drug added to insulin treatment in subjects with type 1 diabetes, to see if it can provide better blood sugar control.

You may qualify if you:

- Have had a diagnosis of Type 1 diabetes mellitus for 12 months or more.
- Are aged between 18 to 75 years.
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- Have had a stable insulin treatment for the last 3 months.
- Have an HbA1c level 7.0 – 10%
- Motivated for participation in a clinical trial with a new investigational drug added to insulin, which will include frequent visits, frequent self-monitoring of blood sugar and self-titration of insulin.

If you are interested in learning more about this Clinical Trial, please contact Kristi (780) 492-6156 or Rebecca (780) 492-1098 at the Alberta Diabetes Institute.



(780) 492-1098 or (780) 492-6156

# Factory owners denied bail after surrender

**Bangladesh.** Husband and wife face homicide charges in connection to deadly fire that killed 112 workers in 2012

The two owners of a Bangladesh garment factory who are facing homicide charges for a

2012 fire that killed 112 workers surrendered to a court Sunday and were denied bail.

The investigation found that when the fire broke out, managers and security guards told workers it was part of a regular drill and it was too late for many to escape. Workers found the gates locked from outside as the fire engulfed the sprawling building, according to the investigation.

Police filed homicide charges on Dec. 22 against 13 people, including the owners of Tazreen Fashions Ltd., Delwar Hossain and his wife, Mahmuda Akter. Arrest warrants were issued Dec. 31 for six who police said had fled, including the two owners.

After Hossain and Akter surrendered Sunday, a Dhaka court rejected their bail petition and ordered them to be

jailed, pending further legal procedures.

If found guilty, the accused face a minimum of seven years and up to life in prison, Babul said. Of the 13 accused, four are still at large.

It's the first time Bangladesh has sought to prosecute factory owners in its lucrative garment industry, which is the world's second largest after China.

THE ASSOCIATED PRESS



Delwar Hossain, centre right, and his wife, Mahmuda Akter, left, are escorted to a court in Dhaka, Bangladesh, Sunday. THE ASSOCIATED PRESS

## Bosnia. Marchers demand release of protesters they claim were beat by police

Hundreds marched in Sarajevo Sunday to accuse police of mistreating arrested protesters and demand their release.

For the fourth day in a row, demonstrators also called on the government to resign because of the nation's almost unemployment rate and alleged widespread corruption.

The head of the local police station, Mirsad Sukic, told a crowd that none of the 44

and others were beaten in the basement of the station and not allowed to sleep for 26 hours.

"They destroyed us," he said.

Sunday's protesters also yelled "Let the kids go, bandits!" at police in full riot gear who stood nearby. The crowd then marched to a prosecution office where protesters still in custody are believed to have been transferred.

More than 300 were injured in the past four days during the worst social unrest Bosnia has seen since its devastating war. On Friday, protesters set fire to the presidency and 17 other government buildings in several cities. THE ASSOCIATED PRESS



Policemen secure an area in front of a burnt government building Saturday.

AMEL EMRIC/THE ASSOCIATED PRESS

### Kashmir

#### Police hunt for official charged with sex assault

Police were searching Sunday for a lawmaker from Indian-controlled Kashmir who is wanted on charges of sexually assaulting a female doctor in the Himalayan territory, officials said.

Chief Judicial Magistrate Rajiv Gupta issued an arrest warrant for Shabir Ahmad Khan on Saturday based on a police complaint filed by the doctor last week.

THE ASSOCIATED PRESS

### Russia

#### Nun killed after man opens fire in cathedral

A man opened fire Sunday in a cathedral on Russia's Sakhalin Island, killing a nun and a parishioner and wounding six others, investigators said.

Officers detained the 24-year-old man and were trying to determine why he had attacked the Russian Orthodox cathedral in the city of Yuzhno-Sakhalinsk, the federal Investigative Committee said in a statement. THE ASSOCIATED PRESS

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# Justice, not closure for victim's dad

**Jimmy Ryce case.** The execution of his son's murderer won't be a panacea for Don Ryce

In the 18 years since nine-year-old Jimmy Ryce's rape and murder, his father and his mother, before her death, tried to alleviate the pain of their family's tragedy by working for society's good. They pushed for new laws regarding confinement of sexual predators and worked to improve police procedures in missing child cases.

But with the killer's scheduled execution set for Wednesday, Don Ryce said the death of Juan Carlos Chavez will finally bring some measure of justice. Barring a successful

last-minute appeal, Chavez is scheduled to die by lethal injection at Florida State Prison in Starke.

"People sometimes say that will bring you closure. There is no such thing as closure; hate that word. It doesn't resolve everything for you. My child will not suddenly come back if Chavez is executed," said Ryce, a 70-year-old retired labour lawyer. "But it's important to close that chapter out in my life and to feel like justice has finally been done for my son."

Ryce said in a recent interview that in the years since Chavez was arrested for Jimmy's slaying he felt "the universe is a little bit twisted" because he has also lost his wife, Claudine, and daughter Martha while Chavez remained alive.

THE ASSOCIATED PRESS



Don Ryce talks to a reporter in Miami in this Feb. 5 photo. Juan Carlos Chavez, 46, who kidnapped, raped and murdered nine-year-old Jimmy Ryce 18 years ago, is scheduled to be executed Wednesday. ALAN DIAZ/THE ASSOCIATED PRESS



## Pressure continues to mount in Ukraine

Riot police block a street, the Museum of the Ukrainian Arts in the background, in central Kyiv, the epicentre of the country's current unrest, on Sunday. Ukraine's security agency warned yesterday of a heightened risk of terrorism, including from the anti-government protests. The warning raised the pressure on the opposition as parliament tries to find a way out of the crisis. EFREM LUKATSKY/THE ASSOCIATED PRESS

## Turkish court formally arrests hijacker

Turkey's state-run agency says a court in Istanbul has formally arrested a Ukrainian man who allegedly tried to hijack a Turkey-bound flight to Sochi, Russia, as the Winter Olympics were beginning.

Anadolu Agency says the man, identified as Artem Kozlov, was ordered jailed on Sunday following questioning by police.

Private NTV television said he was arrested on hijacking and hostage taking charges.

The man allegedly claimed he had a bomb and tried to divert the Pegasus Airlines flight, which originated in Kharkiv, Ukraine on Friday.

The pilot tricked him and landed in Istanbul instead, where he was subdued by se-

curity officers who sneaked on board.

Ukrainian officials said he tried to hijack the plane to press for the release of anti-government protesters in his country.

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# Dry & windy weather stokes fires Down Under

**Australia.** Wildfires are still raging although conditions have eased a little since Sunday

Scores of wildfires raging across southeast Australia in dry and windy summer conditions have destroyed 20 homes and injured a firefighter, authorities said Monday.

Victoria state Country Fire Authority chief officer Euan Ferguson said 20 homes had been destroyed in the state by blazes that peaked late Sunday. The toll could rise as damage continued to be assessed.

Ferguson said fire conditions had eased since Sunday.



## Stop and smell the orchids

In this picture taken Thursday, Ellie, a horticulturist at Royal Botanic Gardens at Kew, in the U.K., stands on a step ladder as she makes final adjustments during a media preview of the annual Orchid Festival at the Gardens. It's a rite of early spring, a chance to celebrate one of the most wonderful flowers on Earth. ALASTAIR GRANT, FILE/THE ASSOCIATED PRESS

### Syria

#### Assad regime using barrel bombs, activists say

Syrian activists say government aircraft have dropped barrel bombs on the northern city of Aleppo, killing at least 11 people.

The Britain-based Syrian Observatory for Human Rights says the makeshift bombs were dropped on

two rebel-held districts of Aleppo on Sunday afternoon. A child and a woman are among those who died, the Observatory said.

Sunday's attacks are part of a weeks-long campaign by President Bashar Assad's forces to wrest control of Aleppo, parts of it were seized by rebels in mid-2012. Barrel bombs are containers that have been packed with explosives.

THE ASSOCIATED PRESS

### Central African Republic

#### Raging violence continues in C.A.R.

Violence in Central African Republic's capital, including mob attacks and an apparent assassination attempt targeting the lawless country's former justice minister, killed at least nine people over the weekend, witnesses and officials said Sunday.

Bangui is suffering

widespread bloodshed and looting despite the presence of thousands of French and African peacekeepers and the appointment of a new transitional leader last month.

On Sunday morning, Rwandan peacekeepers intervened after an angry mob killed a young Muslim man accused of killing a young woman, said a resident of Bangui's Fifth District. THE ASSOCIATED PRESS

### Summertime is fire time

Destructive wildfires are a common feature across much of Australia in the summer months.

- Underground coal in the Latrobe Valley open cut mine had caught fire. It burned more intensely as firefighters dug it out to extinguish it.

The state had faced its worst fire danger late Sunday since 2009, when wildfires killed 173 people and destroyed more than 2,000 homes in Victoria in little more than a single day. Country towns north of Melbourne continued to be under threat Monday. THE ASSOCIATED PRESS



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## Vienna. Iran, UN agency agree to expand probe into nuclear activities

The UN nuclear agency says Iran has agreed to let the agency expand its probe of Tehran's nuclear activities.

The UN's International Atomic Energy Agency says the two sides signed off this weekend in Tehran on "seven practical measures" to be implemented by Iran by May 15.

The IAEA statement gave no details Sunday.

The agency suspects that Iran worked secretly on nuclear arms, something Tehran denies.

Their investigation has been stalled for more than six years.

But the IAEA hopes to make progress under an agreement signed with Tehran in November that foresees a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

### H1N1 virus

#### Egypt hit hard by swine flu

Egypt's Health Ministry says the number of people killed by swine flu in the country since December has reached 38.

In a statement Sunday, the ministry said that more than 1,300 people have been hospitalized after being infected by the virus.

On Tuesday, the govern-

### Co-operation

**7**

Iran has agreed with the UN's nuclear agency to "seven practical measures" to be implemented by Iran by May 15.

The talks are separate from negotiations between Iran and six world powers on Tehran's known nuclear programs.

But both Iran and the IAEA spoke of progress in a process that the agency hopes will unroll as a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Nuclear physicist Yousaf Butt was quoted as welcoming the agreement as a "positive development."

THE ASSOCIATED PRESS

ment reported 24 deaths from the virus.

In 2009, the global swine flu pandemic prompted Egyptian authorities to slaughter around 300,000 pigs previously used to dispose of the city's organic garbage. However, Jason McDonald, of the Atlanta Centers for Disease Control, has said that the virus is now most often transmitted from human to human, and not through contact with pigs. THE ASSOCIATED PRESS

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# Zoo giraffe killed; its genes not good enough

### Copenhagen Zoo.

Too many with similar genes in their breeding program so two-year-old shot; its meat fed to carnivores



The carcass of Marius, a male giraffe, is eaten by lions after he was put down at the Copenhagen Zoo on Sunday.  
POLFOTO, RASMUS FLINDT PEDERSEN/THE ASSOCIATED PRESS

similar genes in the breeding program.

Copenhagen Zoo turned down an offer from an individual who wanted to buy Marius; the spokesperson said zoos don't own the animals, but govern them, and can't sell them outside their organizations. "It is no secret that animals are killed when there is no longer space, or if the animals don't have genes that are interesting enough," said Animal Rights Sweden.

THE ASSOCIATED PRESS

### Stop visiting zoos?

The zoo's scientific director Bengt Holst said the zoo doesn't give the giraffes contraceptives because they have "a number of unwanted side effects on the internal organs" and the zoo believes parental care is an important part of natural behaviour.

- When asked if other zoos had offered to take Mar-

ius, the zoo spokesman said yes but didn't specify numbers or which ones.

- The organization Animal Rights Sweden said the case highlights what zoos do to animals regularly.
- "The only way to stop this is to not visit zoos," the activist group said.

# Californians welcome a rainy weekend

**'Guarded optimism.'**  
Drought-stricken state gets some relief

Californians accustomed to complaining about the slightest change in the weather welcomed a robust weekend storm that soaked the northern half of the drought-

stricken state Saturday even as rain and snow brought the threat of avalanches, flooding and rock slides.

In Willits, one of 17 rural communities that California's Department of Public Health recently described as dangerously low on water, City Councilman Bruce Burton said he was cheered seeing the water levels in a local reservoir and his backyard pond creep-

ing up and small streams flowing again. The city in the heart of redwood country usually sees about 50 inches of rain a year and was expected to get about four inches by Sunday.

"It's guarded optimism. We are a long ways from where we need to be, but we have to start with some sort of a raindrop," Burton said.

The storm moved in Thursday, powered by a warm,

moisture-packed system from the Pacific Ocean known as a Pineapple Express.

Forecasters hope the storm portends an end to the persistent dry weather that has plagued the state for months and contributed to its drought emergency. Light precipitation is forecast for Wednesday and Thursday, and another storm is possible next weekend.

THE ASSOCIATED PRESS



In this photo taken Feb. 4, 2014, a warning buoy sits on the dry, cracked bed of Lake Mendocino near Ukiah, Calif. RICH PEDRONCELLI/THE ASSOCIATED PRESS



## Floods in U.K. may worsen

Police help collect possessions from a resident's flooded home on Sunday in Moorside, United Kingdom. The flood-stricken area was expecting more heavy rain, with weather forecasters warning more wet and windy weather to come. DAN KITWOOD/GETTY IMAGES

### Bad beef

## Massive U.S. meat recall

A Northern California company is recalling more than 8.7 million pounds of beef products because it processed diseased and unhealthy animals without a full federal inspection, federal officials said Saturday.

That's just over a year's worth of meat products processed by Rancho Feeding Corp., which has been under scrutiny by the USDA Food Safety and Inspection Service. The agency said that without full inspection, the recalled products are

unfit for human consumption.

The products were processed from Jan. 1, 2013, through Jan. 7, 2014, and shipped to distribution centres and retail stores in California, Florida, Illinois and Texas. They include beef carcasses, oxtail, liver, cheeks, tripe, tongue and veal bones.

Last month the company recalled more than 40,000 pounds of meat products produced on Jan. 8 that also didn't undergo a full inspection.

The problems were discovered as part of an ongoing investigation, the FSIS said. THE ASSOCIATED PRESS

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## Building bridges? Money for 'major infrastructure projects' will be in budget

Finance Minister Jim Flaherty says his upcoming federal budget will contain money for "major" infrastructure projects.

Flaherty told CTV's Question Period that infrastructure is a good investment, but the government must be prudent at the same time.

"There will be money for infrastructure, and very importantly, major infrastructure projects in Canada, major economic infrastructure projects," Flaherty said.

"It is all about the economy and jobs. I mean, that's the primary job of the federal government in this country. We will be investing and we will be ensuring that we move forward on the economic front, not just balance the budget."

One such project might be a second bridge between Detroit and Windsor, Ont. Reports earlier this month said Canada plans to start buying land on the Michigan side of the Detroit River to build the new crossing, a short distance from the existing Ambassador Bridge.



**Minister of Finance Jim Flaherty speaks in Toronto on Friday.**

AARON VINCENT ELKAIM/THE CANADIAN PRESS

In its recent throne speech, the Harper government signalled it would spend billions of dollars over the next decade on major regional infrastructure projects. The throne speech explicitly mentioned the second Detroit-Windsor bridge, subways in the Greater Toronto Area, replacing the Champlain Bridge in Montreal and building Vancouver's Evergreen Line rapid-transit extension.

THE CANADIAN PRESS

# 'Canadian Idol' doctor to stand trial for terrorism



**Terror suspect Khurram Syed Sher, who was arrested in August on terrorism charges related to an alleged bomb plot, leaves the Ottawa Courthouse after being granted bail in 2010.** SEAN KILPATRICK/THE CANADIAN PRESS

### Attack was months away: RCMP

Khurram Syed Sher faces charges related to alleged plot that stretched from Ottawa to the Mideast

More than three years after his arrest, a man who once auditioned for Canadian Idol will face trial on a terrorism charge.

Khurram Syed Sher, a doctor of pathology from London, Ont., is to be tried by a judge alone in an Ottawa courtroom.

Sher, 31, was charged along with two other men in August 2010 with conspiracy to facilitate terrorism.

Following the sensational arrests, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

### International effort

An undercover source working for Canada's main spy agency and sensitive intelligence from the U.S. and U.K. helped build the case against the alleged conspirators, court documents indicate.

Police claimed the alleged plot stretched from Ottawa to Afghanistan, Dubai, Iran and Pakistan. A senior RCMP officer said at the time that an attack was still months away, but that the plotters were moving into a preparatory phase.

The McGill University graduate, who has been free on bail, worked as an anatomical pathologist at St. Thomas Elgin General Hospital in St. Thomas. He made international headlines shortly after his arrest when it emerged he had once sung and danced on the Canadian Idol program.

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# Take stock: Don't just ride out ups and downs



HOW TO ROLL  
Alison Griffiths  
metronews.ca

Inversions, helix turns and barrel rolls are vomit-inducing delights courtesy of the world's scariest roller coasters. But you don't need to travel to Istanbul, Abu Dhabi or Cedar Point, Ohio, for a dose of fear. Just being invested in the stock market of late will suffice.

Daily triple-digit losses are starting almost to be normal. The S&P/TSX Composite has been gyrating between 12,000 and nearly 14,000 over the past year. The U.S. S&P 500 has been similarly volatile, especially in the last month.

Anemic next-day recoveries throughout January made the dips appear to be normal profit taking after a strong 2013, especially in the U.S., where some indices gained over 30 per cent. But last Monday's more than two per cent trouncing (2.5 per cent for the NASDAQ) felt like the beginning of a rout.

With RRSP season upon us, investors are wondering whether to retreat to the safety of cash, lest a 2008-09-style crash devastate retirement accounts. Those who made that move before the financial crisis was upon us — and then got back into the stock market at the bottom — did brilliantly. But hardly anyone got that bet right.

I don't believe in staying the course and waiting out volatility. Rather, everyone should take a hard look at holdings before investing more money. Automatic investment plans are great conveniences. But they tend to put one in, well, automatic mode.

Before doing anything this RRSP season, look at your equity/fixed-income ratio or asset allocation. Chances are equities have risen as a percentage of the portfolio because of the 2013 market run.

Don't let that continue. Instead, funnel new contributions into fixed income or adjust your automatic investment plan away from equities.



The market has been on a wild ride this year. Don't just be a passive investor, take control of your portfolio this RRSP season. GETTY IMAGES

## Do your homework

It's often difficult to figure out the equity/fixed-income ratio with mutual funds, which can hold stocks, bonds and cash.

- If mutual funds are lumped together on your statement an adviser can give you a complete breakdown, or you will have to do a bit of legwork yourself.

- If you have 75 per cent in equities, for example, be sure you're comfortable with the risk. Otherwise, reduce and be safe.



## Airlines weighed down by baggage of service complaints

A weary traveller searches for her luggage in the baggage-claim area at Toronto's Pearson International Airport in January after a ground stop delayed or cancelled hundreds of flights and created a huge backlog. In its annual report, the Canadian Transportation Agency says it received 301 complaints against eight Canadian carriers in 2012-2013, up from 215 complaints in 2011-2012. Quality-of-service complaints — including allegations about rude, unhelpful staff and poor communication — were the most common for the seventh year in a row. RANDY RISLING/TORSTAR NEWS SERVICE

## U.S. jobs data dips down

### Another thing to pin on the polar vortex?

It could be another volatile week on stock markets as traders are again forced to weigh the distorting effects of harsh winter weather on U.S. employment data.

Markets ended last week positive, with the TSX up 0.67 per cent and the Dow industrials ahead 0.6 per cent, as traders tried to make the best of January employment data

showing the U.S. economy created only 113,000 jobs against the 180,000 that had been expected. That followed a meagre 74,000 gain in December, another month of harsh weather.

Despite the overall gains for the week, there were huge swings on both the TSX and the Dow after data for China and the U.S. showed a slowdown in manufacturing, raising concerns about whether economic problems in emerging markets can be contained.

THE CANADIAN PRESS

## That's so '90s. Neon isn't the only fad that's back, brain drain tales return

### O Canada!

"Even for the patriotic, diehard Canadian who insists on their startup being in Canada, in many cases the company gets to a point where it's forced to sell to a U.S. big tech firm."

Analyst Kash Pashootan, portfolio manager at First Avenue Advisory in Ottawa, a Raymond James company

"Then they'll come back to Canada and utilize those skills to start new companies and mentor the next generation of up and comers," said Mickiewicz, a Canadian who has also opened up a Vancouver office for Hired.com.

Many of the Canadians heading south come from the University of Waterloo. The Ontario school is considered a feeder school to Silicon Valley and about a third of its software engineers head there after graduation.

It competes against recruiters, such as San Francisco-based Hired.com, which is looking for as many as 200 Canadian software engineers for Silicon Valley firms to hire.

Hootsuite's CEO Ryan Holmes has spoken out about the impact of Silicon Valley, saying Canada suffers from a growing shortage of computer developers and software engineers because the U.S. tech hub has claimed the best and the brightest for several decades.

For Matt Mickiewicz, co-founder and CEO of Hired.com, it's not a brain drain from Canada. He said it offers an opportunity for engineers to get work experience and connections in the venture capital community.

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# I WANT TO RIDE MY BICYCLE (IN EDMONTON)

You would think by now we would have figured out how to accommodate cyclists in this city in a way that encourages bicycle commuting and keeps cyclists safe.

But it would appear that a solution to the challenges faced by those of us who want to cycle to work or anywhere else is as elusive as finding ways to keep our streets clean in winter and free from potholes in the spring.

People who want to bike in Edmonton year-round are often positioned as a bunch of true believers who aren't representative of the average Edmontonian. That's no doubt true because hardcore cyclists are only those of us willing to risk life and limb—and most of us aren't willing to do that every day.

However, if it were easier and safer to ride a bike here, I have no doubt that we would see more cyclists on our streets with each passing day. I believe there are far more people



**URBAN COMPASS**  
**Terence Harding**  
edmonton@metronews.ca

who want to bike than who actually do bike. So let's make something clear. Edmonton is not a bike-friendly city.

It doesn't even place on a list of bikeable cities in Canada the way Calgary does. And a piecemeal approach to bike lanes isn't going to get us on that list.

If things are going to change, we're going to have to make a real commitment to encouraging and enabling people to use bikes instead of cars.

We should be looking at effective ways to drive bike use up into the double digits when it comes to comparing it with vehicular traffic.

The idea of unprotected designated bike lanes on roadways is a non-starter in a car-obsessed city such as Edmonton.

The risk to cyclists is only marginally reduced. What we really need to do is forget about bike lanes and

## Bike paths all the way

**What we really need to do is forget about bike lanes and sharrows entirely and create a separate set of dedicated bike paths that parallel sidewalks wherever possible.**

sharrows entirely and create a separate set of dedicated bike paths that parallel sidewalks wherever possible.

We would not be the first city to create separate bike tracks —far from it.

If you Google bike-friendly cities, you will see that all the top cities have some degree of dedicated bike paths.

This is the approach we really need to examine and there are certainly successful models we can look at. It comes down to this: We either want to encourage cycling or we don't. Right now it looks like we don't.

## ZOOM

### Since it's not in the Olympics yet ...



CLEMENT ALLARD/THE CANADIAN PRESS

#### Cheese trumps insurance at Carnival

Team Fromagerie Ile aux Grues, pictured in red, won the ice canoe race on the St. Lawrence River as part of Quebec's Winter Carnival activities Sunday in Quebec City. Team La Capitale insurance, in blue, finished second.

Ice canoeing started as a

gruelling, dangerous, necessary means of transportation to cross the frozen Saint Lawrence River during the winter. The legend is that the racing began as a competition between families for the contract to deliver the mail. Now there's several regular annual races, including at Quebec City's Carnaval de Quebec, the biggest winter carnival in the world. More

than 40 teams compete, struggling with the powerful current, great chunks of ice and numbing water.

Other Carnival activities for the 17-day festival include night parades, ice fishing, concerts, snow sculptures, slide runs, horse-drawn sleigh or dogsled rides, skating and a giant foot ball game.

THE CANADIAN PRESS/  
CANADACOOL.COM

## Sorry, Sochi

The race is the main event of the carnival. The teams race across the St. Lawrence River from Quebec City (Basin Louise) to Lévis, and back. The St. Lawrence is the only place in the world where this sport is practised.

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Jamil Mahmood, grassroots community development leader

**Where:** Winnipeg, MB

**What:** Community leader

**Why:** "When you make little steps at the community level, it has a lot of impact."

Nine years ago, Mahmood's passion for community development led him to Winnipeg's public gardens to co-ordinate summer programs for the Spence Neighbourhood Association. There, he met many youth and learned about the challenges they faced and the dialogue they wanted to start around improving their community. They just needed an activity to get the ball rolling.

So Mahmood started a soccer program. What started as kids kicking a ball around a field has grown into the inner city's largest sports program—one of many community initiatives he oversees.

## What's the first step of getting involved?

"Getting to know people. Before I started doing work with community members, I always got to know what they're about. Hearing families' stories and challenges was eye-opening."

**Most rewarding part of your work?** "Last year a youth that played on our first-ever team got a full-ride basketball scholarship to the University of Victoria. When you give kids an opportunity to play and they run with it, you know you're doing something right!"

**CRAIG AND MARC KIELBURGER**

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## WE ACT: CANADA DOES GOOD

Q&A with an inner-city community builder



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Addison Timlin and Anton Yelchin star in Odd Thomas, part of the Sinister Cinema series. CONTRIBUTED

2  
SCENE

# That odd thing called love

## Addison Timlin.

Actress talks about her leading lady role in the Dean-Koontz-penned Odd Thomas

CHRIS  
ALEXANDER  
scene@metronews.ca

There's something odd about Odd Thomas, both the film and the same-named protagonist played by Fright Night's Anton Yelchin.

The eerie, lively and amusing supernatural adventure (which opens this Friday in Canada and is directed by The

Mummy's Stephen Sommers) is an adaptation of the celebrated cult novel by horror-meister Dean Koontz in which sweet-natured short order cook Odd uses his uncanny ability to "see dead people" to avenge ghosts, battle a human fungus and save the world.

But behind every good monster-hunting man is a good — and tolerant — woman, and Odd's main squeeze is the lovely Stormy Llewellyn played by the equally lovely Addison Timlin (Zero Hour). Playing a beloved character with literary origins wasn't a task taken lightly by the 22-year-old actress.

"First and foremost," Timlin says, "you have to share the character."

Stormy was not my own, I had to create a version of her. I had to find a way to capture how lovely her spirit was and I did read the books. There was plenty of highlighting and tons of notes. And since Anton helped find his character by training with a real fry cook, I ended up working at an ice cream parlor in New Mexico. Seriously."

Such dedication to sculpting a multidimensional character in an effects-heavy supernatural horror-drama is to be commended. The result of both Yelchin and Timlin's methods is a palpable on-screen romance that — although never really explained — is genuinely moving, a rare chemistry that

is refreshingly bereft of exposition.

"It's really very simple," says the actress. "We all decided that when you're really in love, your whole world becomes that thing, two people who really understand each other, who have certain attributes of each others' personalities in each other, who have this rapport with each other."

"I'm a sucker for romance in any case and that's what drew me to the film first and foremost, its love story."

And for those viewers cautious of watching an intimate dark fantasy drama helmed by one of Hollywood's most indulgent directors (Outside of The Mummy films, Sommers also

**Sinister Cinema**  
**Odd Thomas** is part of Cineplex's Sinister Cinema series. For more information on screening times and locations, visit cineplex.com.

directed the bloated Van Helsing and G.I. Joe), Timlin assures that Sommers had complete control. "I think people forget that before The Mummy, Stephen was a writer first. He has a good eye for moments between people and a genuine love for storytelling. And Dean Koontz loves the movie, which should tell you something!"

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# RoboCop is all about the suit

## Tickled by tech.

Canuck actors talk about working on set and the real-life parallels in the film

The '80s classic RoboCop gets a movie makeover this week with a slew of modern-day visual effects, but the star of the film is still that heavily armoured suit, say two of the reboot's Canadian co-stars.

The beloved action flick returns Wednesday with Joel Kinnaman in the leading role of Alex Murphy, a critically injured cop who is transformed into a human-robot hybrid by a corporation bent on reinventing law enforcement.

As in the original, the action is set in a futuristic crime-ridden Detroit, with Alex serving as a reluctant prototype for OmniCorp's profit-driven plans.

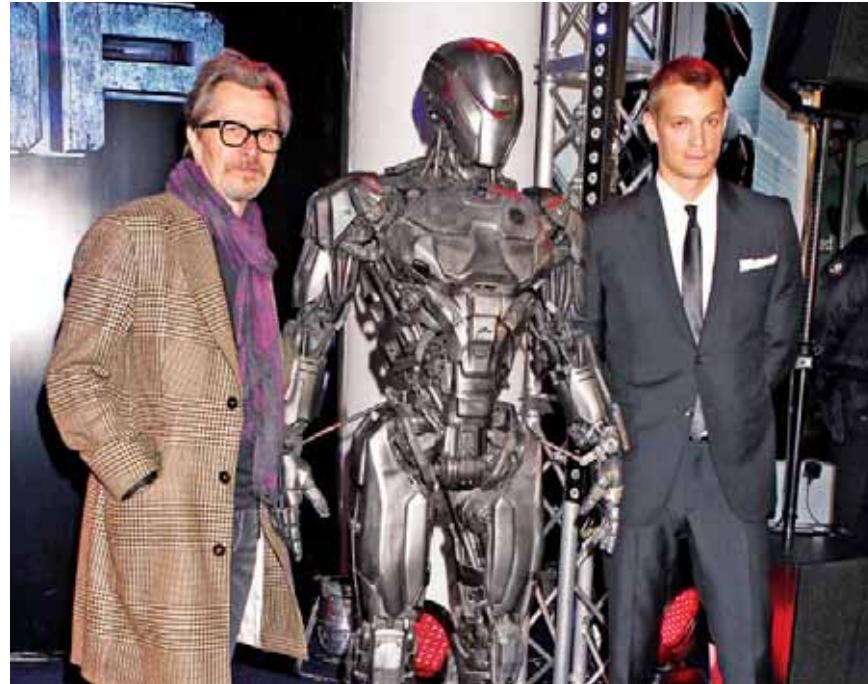
Toronto-bred co-star K.C. Collins says performing opposite a fully encased Kinnaman — who was forced to wear a costume weighing roughly 20 kilograms — was "very intense" and "very intimidating."

"The suit is still the suit," says Collins, who plays a street-smart fellow cop.

"The suit is still hardware, it's tangible in this film, it's not something that's, like, throw a few (motion capture) dots or whatnot and then go create it on the computer. I was able to touch this suit, so that was pretty incredible."

As a fan of the original 1987 film, Collins says he was glad to be just as impressed with the eye-popping visuals as he was when he was a kid.

He recalled watching the film's Swedish star, best known in North America for starring in The Killing, enter his trailer as



Actors Gary Oldman and Joel Kinnaman pose with RoboCop. CONTRIBUTED

a regular guy but emerge as a deadly machine.

"It was weird to see how one can be transformed in front of your eyes into a superhero," says Collins, who added that he had not yet seen the final film.

"That was incredible. We deal a lot with green screen and whatnot in this business, but to really see him put on this suit ... it was incredible. That was interesting for me as an actor who's seen a lot — to still be amazed. That's always the best feeling."

The action takes place in 2028, but the science on display is all very plausible, says fellow Canuck co-star Patrick Garrow, who marveled at advances in day-to-day technology since the original film debuted in 1987.

But despite all the cool tools on display, this is not just a

### Quoted

**"There are some very prescient themes that you inevitably touch on."**

RoboCop star Patrick Garrow on the relevance of the film.

blow-'em-up action flick, he adds, noting that the deeper social themes that endeared the first RoboCop to fans and critics alike were maintained.

He says Brazilian director José Padilha strove to touch on the same social, moral and political questions that bubbled under the surface of the Paul Verhoeven version, which starred Peter Weller.

"Sure, they were trying to

make a movie that would entertain you — obviously it's a big blockbuster — but they also had lots of other things on their mind," says Garrow, who plays a villainous arms dealer.

"There are some very prescient themes that you inevitably touch on. What is it if a country sends robotic soldiers into battle? ... Should we robotize policing?"

Collins, who splits his time between Toronto and Los Angeles, says this movie is meant to spark ideas.

"They make you think and dream and say, 'Wow, maybe one day that would be kind of cool' or 'That would be kind of terrible,' whatever the situation," says Collins, who also appears in the sci-fi series Lost Girl.

THE CANADIAN PRESS

## Love & Hip Hop. Club brawl reports 'overblown'



Benzino, Mike Tyson and Akon pose for a photo at the Source hip hop awards in Miami in 2004. Benzino says reports of a massive club brawl at his club in downtown Atlanta last week were sensationalized.

GETTY IMAGES

Reality star Benzino says reports were overblown about a massive brawl that included Love & Hip Hop Atlanta cast members during a recent filming of the VH1 reality show.

Benzino, whose real name is Raymond Scott, said in an interview Friday that what happened was an "isolated" matter. He said the argument late Wednesday night started between his former girlfriend Karlie Redd and his fiancée Althea Hart.

It came during the opening of a new nightclub in downtown Atlanta, owned by Benzino and Stevie J, the Grammy-winning record producer who also stars on the hit reality show.

Atlanta Police Sgt. Greg Lyon said there were no criminal acts reported to them from the argument.

"Everything was sensationalized," Benzino said. "There were no bottles thrown, no fists were thrown, no guns were pulled out."

VH1 declined to comment Friday. The cameras

were rolling Wednesday, Benzino said.

Redd said in a statement that media outlets clearly have some "misinformation."

"The reality is we are in a time when everyone wants their shine; their few minutes of fame — and I get that, but I assure you I was not involved in any fighting nor was I knocked out," she said.

Benzino, a former co-owner of The Source magazine, said a friend of cast member Joseline Hernandez was injured with a gash on her head. He also said Redd and Hart hurled drinks at one another.

The Love & Hip Hop series is known for its over-the-top drama and fights — making it a ratings success, but also a target for criticism.

The fourth season of the show's New York series ended last month. The third season of the Atlanta spin-off debuts in May.

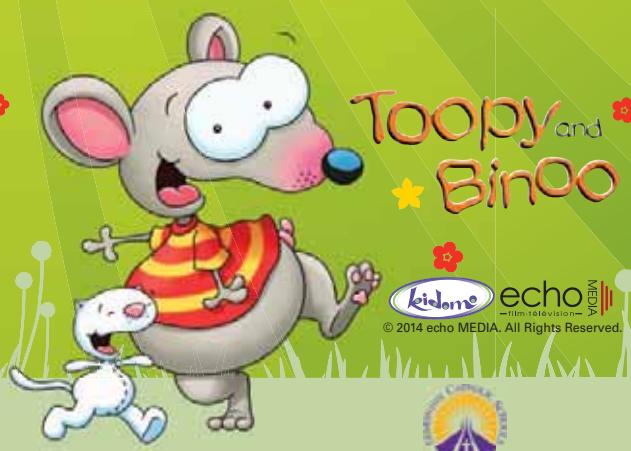
Benzino says about 400 people attended the event.

THE ASSOCIATED PRESS

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Shia LaBeouf makes a statement at the Berlin Film Festival. GETTY IMAGES

## LaBeouf: Now plagiarizing for press conferences, too

Welcome to the deep end, Shia LaBeouf. The actor, who has had quite the time of it these past few months, is racking up more weirdness points after showing up at a press conference for *Nymphomaniac* in Berlin on Sunday looking filthy, "missing a lower tooth," and then storming out after uttering a nonsensical quote. Oh, and then he showed up on the red carpet with a bag on his head.

And all of this was after he almost got into a fight with three "fans" in a hotel lobby on Saturday after they tried to take his picture.

So, let's backtrack a bit: In December, it was discovered that LaBeouf's new short film, *HowardCantour.com*, was basically lifted from a 2007 comic by Ghost World author Dan Clowes. A huge firestorm erupted. LaBeouf took to skywriting to apologize, inscribing, "I'm sorry Daniel Clowes" over Los Angeles on New Year's Day.

Now back to the *Nymphomaniac* press conference. LaBeouf appeared next to his costars Christian Slater, Stacy Martin, Uma Thurman and

Stellan Skarsgård beat up, dirty and, yes, missing a tooth.

Someone then asked him this softball question: What did he think about doing a movie with so many sex scenes? He paused several beats, then replied, "When the seagulls follow the trawler, it's because they think sardines will be thrown into the sea. Thank you very much." He then left the room while his costars looked on and then softly applauded.

At first, everyone thought that LaBeouf actually said something not plagiarized for once, but that dream was quickly erased. Turns out, LaBeouf's line was borrowed from French soccer player Eric Cantona, who baffled reporters with it in the mid-1990s following his suspension for a flying kick on a heckler.

Later on Sunday, LaBeouf showed up on the red carpet with the bag on his head. Because, well, why not? Look, LaBeouf. Not sure what is going on here, but we've already suffered through the antics of Joaquin Phoenix, and that's enough for one decade.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



### Poor Paltrow gets the push from her neighbours

 STARGAZING  
Malene Arpe  
scene@metronews.ca

DON'T EXIST.

Queen Elizabeth has reportedly told Duchess Kate to lower her hemlines and to start wearing more traditional jewelry such as tiaras. Not because the Queen really cares, but it's the little things that keep life fun.

A new study shows that the earning power of actresses starts declining at age 34, while actors reach their financial peak at age 51. Before you get your lady-undies in a knot, please remember that 51 is the age when the mistresses, the cars and the pinky rings start getting really expensive, so it's really only fair.

J.K. Rowling says that she very much regrets Hermione and Ron's romantic relationship and that she now believes Hermione should have ended up with Harry. It's infuriating and upsetting news but, fortunately for everybody, those people

Bradley Cooper's girlfriend Suki Waterhouse is the new face of UGGs. So many questions! Did she get the gig because of fame-adjacency? How much will she earn? If UGGs need a face, does that mean my hat needs a foot?

## Valentino left holding the bag for photo promo gaffe

The fashion house Valentino has apologized for touting in an email blast to journalists that one of their price bags was carried by Amy Adams as she stepped from a car at the wake of Philip Seymour Hoffman.

Much was made of the promotional email sent Friday, complete with two photos of Adams outside the Thursday wake. Valentino said in a statement that quickly followed that the company didn't realize the photos were snapped at the sad gathering of loved ones for Hoffman, who was found dead Feb. 2 of an apparent heroin overdose in his apartment.

Hoffman, 46, co-starred with Adams in *The Master* and both his wake, and funeral the next day, were attended by numerous celebrities, Adams included. "We sincerely regret releasing a photo to the media ... of Amy Adams with a Valentino Bag. We were not aware the photograph was taken while she was attending the wake of Philip Seymour Hoffman. It was



Valentino is under fire for sending out a photo of Adams carrying one of the company's bags at Philip Seymour Hoffman's wake.

THE ASSOCIATED PRESS

an innocent mistake and we apologize to Ms. Adams who was not aware, or a part of, our PR efforts," said the regretful statement signed by Mona Swanson, vice-president of communications for Valentino USA. THE ASSOCIATED PRESS

Twitter



@SofiaVergara  
I eat props



@PamGrier  
NBA Jam Allstars and Mardi Gras will rock in New Orleans in a few days! Carnival! La la la la, la la la la.....



@tomhanks  
Research for a job. Really. Riding Colossus twice. Then Magic Mountain!

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# This season, would you please pass the catch-up?

## Leave that loan alone.

When it comes to your RRSPs, 'tis nobler to stock up on contributions than to borrow that cash



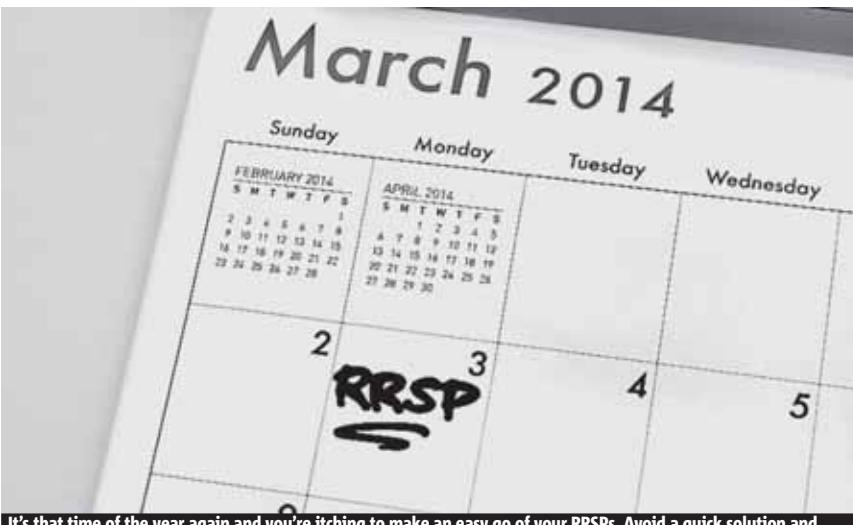
GAIL  
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Gail blogs daily at  
gailvazoxlade.com

Every RRSP season I get a slew of letters from people who want to ask me about borrowing money to catch-up unused RRSP contribution room. Their bankers have convinced them to borrow big-time to catch up on all the RRSP contributions they hadn't made.

I thought this might be on more than one person's mind since it's RRSP season and the marketing material is flying in the door at a wicked clip. Remember that by its nature, marketing material is designed to show you the positive side of a strategy so you'll want to take advantage of the "offer." But not all offers are worthy of your attention.

Let's take the case of Nancy, who wants to borrow \$45,000 to catch-up her unused RRSP room. When I brought up Scotiabank's calculator, the default interest rate was 7.5 per cent. Nancy plans to repay \$530 a month.

Assuming Nancy applies her tax refund — Scotia's cal-



**It's that time of the year again and you're itching to make an easy go of your RRSPs. Avoid a quick solution and pack your piggy bank instead.** iSTOCK

## That's gonna cost ya

**I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.**

Gail Vaz-Oxlade

culator says it'll be \$15,750 — to her catch up loan, it will take Nancy 10 years to get out from under this debt and it'll cost over \$7,000 in interest by the time the loan

is repaid, assuming her interest rate does not go up one iota over the next decade. Hmm. I wouldn't take that bet!

But hang on a second. That tax refund might not be right. Since we pay tax on a sliding scale, as the deduction is applied, Nancy's marginal tax rate might go down so that instead of getting a \$15,750 refund, she ends up with less.

The calculator doesn't take that into consideration, nor do most of scenarios in those marketing brochures. The result is that people get back less in taxes than they imagined and get stuck paying back their loan for longer.

Do I think this is a good idea? I DO NOT.

If interest rates go up, Nancy could find her higher payments putting more pressure on her budget, since the loan rate is only fixed for the first year.

And with a loan repayment eating up a large slice of her budget pie, will Nancy be able to afford to make her regular RRSP contributions? If the answer is "No," at the end of the catch-up loan she would have to catch up the contributions she didn't make while she was repaying the loan. Sounds like a catch-22 to me.

Here's an option Nancy might want to consider. She could set up a monthly in-

## RRSP-ECT GAIL!

Don't even bother trying to come up with an excuse for why you can't save a dollar a day. It'll be lame.

- Every day slip a loonie into a rinsed out soup can. At the end of the month you'll have your first \$30. By the time you take the can opener to that sucker, you'll have a healthy deposit for your TFSA, RRSP or emergency savings.

vestment plan and contribute the amounts she would have paid on the loan to her RRSP. It may take a little longer to catch up, but she would have no interest costs. All her money will be working for her instead of making a bank even more profitable.

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Saving and investing are long-term, slow and steady propositions. If you want to catch up your RRSP unused contribution room, trim back on your expenses or make enough extra money to sock away what you want. Don't borrow it.

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# Honey, the toddler wants his tablet again!

## Apple before ABCs?

Canadian kids can navigate a tablet before they can tie their laces: report

A global study of how young kids are using the Internet found Canadians were spending less time online and were less likely to have their own email address or social media account.

Still, more of the three- to five-year-old Canadian children

involved in the study knew how to use a mouse and play computer games than ride a bike or write their name.

The survey of more than 6,000 mothers in 10 countries was conducted by security software company AVG Technologies, which researched how kids between the ages of three to five and six to nine were engaged with the Internet.

About 89 per cent of the kids in the older group were already Internet users, while the figure was one percentage point higher in Canada. A whopping 97 per cent of the Brazilian kids and 96 per cent of the British

## Baby on (key)board!

- As for what the younger three- to five-year-old kids were doing themselves, 78 per cent of the Canadian tots could already use a computer mouse, 76 per cent could play a basic computer game, 54 per

cent knew how to turn a computer on and off, 40 per cent could navigate a tablet or smartphone, 19 per cent could competently browse the web, and 16 per cent could make a phone call.

children in that age bracket were familiar with the Internet.

When the parents of the six- to nine-year-old kids were asked how long they allowed their children to go online the

most common reply was between two to five hours a week (42 per cent), followed by less than two hours weekly (36 per cent), five to 10 hours a week (16 per cent) and more than ten

hours weekly (seven per cent).

About 40 per cent of the Canadian parents said they limited Internet time to less than two hours a week and 48 per cent said they allowed two to five hours of web time weekly.

Although it's emerged as a bit of a trend among digitally obsessed parents, few involved in the survey said they made a point of registering an email address for their baby or toddler.

Just eight per cent of the parents said they reserved an email address with their child's name, while six per cent of the Canadian moms did so.

THE CANADIAN PRESS

Slavery myths in Canada

**Myth No. 1**

**Slavery never existed in Canada, right?**

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

**Myth No. 2**

**Canada was the first to abolish slavery before other parts of the world followed suit.**

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

**Myth No. 3**

**Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?**

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

**Myth No. 4**

**Slaves who escaped north lived out the rest of their lives in Canada.**

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL

# Canada's unknown slave-owning past

**Black History Month.**

Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books



TAKARA  
SMALL

life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night. But here's the twist: These slaves weren't running toward Canada. They were running from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film *12 Years a Slave*, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember

that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there was an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies.

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in



This painting, originally entitled *Portrait of Negro Slave*, is one of very few public pieces of art that depicts a black Canadian slave. COURTESY MONTREAL MUSEUM OF FINE ARTS

New Brunswick in 1793.

"Everyone assumes that everyone who is black is a recent immigrant, but there are thousands of black Canadians who have been here since the

**Quoted**

**"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."**

Rosemary Sadlier, a descendent of Canadian slaves

founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take

credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

A painting originally called *Portrait of Negro Slave* is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to *Portrait of a Haitian Woman*.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.

## New Homes Available!

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# Goodbye grade school, hello globe!

## Leaving the homeland and the homework?

Parents weigh in on the pros and cons of having children miss school for vacations

Heather Greenwood Davis has few qualms about pulling her children out of school for short-term trips — a practice she plans to continue in future.

In fact, the Toronto-based travel writer is such a firm believer in the benefits of learning beyond the classroom that in 2011, she took a year-long globe-trotting journey with her husband and sons (then aged six and eight).

Greenwood Davis documented their adventures — which spanned six continents and 29 countries — on her website, Globetrotting Mama. Her column Postcards from the Planet, which included photos from her travels and updates on her whereabouts, appeared weekly in Metro in 2012.

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better,'" she said in a recent interview.



Clockwise from top left, Heather Greenwood Davis, her husband Ish Davis and sons Cameron and Ethan pose for a photo in Versailles, France in May 2012. HEATHER GREENWOOD DAVIS/GLOBETROTTINGMAMA.COM /THE CANADIAN PRESS

view.

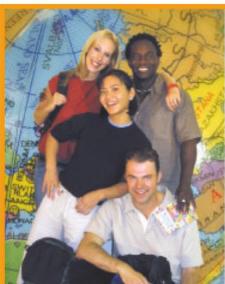
"Outside of strict educational channels, too, we talk about socializing kids, instilling confidence and all of those sorts of things — and travel offers all of that."

As a travel adviser, Sheila Gallant-Halloran said her busi-

est periods at work are when her clients are on vacation, such as March Break and the summer. That's one of the reasons the mother of two daughters, aged eight and 14, has previously allowed them to miss school to help accommodate the occasional family

vacation, like a fall trip to Walt Disney World or an extended break for travel around Easter.

"Work commitment is the biggest thing for me. But certainly there are price considerations," said Gallant-Halloran, Ottawa-based luxury travel adviser with Vision Travel/Lush



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## We're leaving on a jetplane

Greenwood Davis emphasizes the importance of providing ample notice about a potential trip to find out what may be covered during that period and to determine if it's a good time for the child to be away.

- "You might change your mind once you hear that they're studying something you know your child's struggling with. So I think that notice is really important," said Greenwood Davis, whose sons are now nine and 11.

## The power of a passport

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better.'"

Heather Greenwood Davis  
Travel writer

Life.

"I have a lot of teacher clients, for example, they can only go on (vacation during) March Break ... it is very difficult for them to take off other times. As a result, they're going for when the majority of people are trying to travel with their children, so they're paying higher costs for flights...."

"If you're stuck and you have to travel at that time, you have to actually book far in advance to get the best pricing. And if you don't have that liberty, then you're stuck."

Having children miss several days, a week or more from school for non-essential travel may prove appealing to parents looking to squeeze in family getaways within busy work schedules or seeking to save with last-minute deals. But a British couple with three children recently paid a high price when their kids missed class.

Natasha and Stewart Sutherland had booked a week-long fall trip to Greece a year in advance. Previously, the Department of Education allowed teachers to grant leaves of absence for family holidays

during the school term in "special circumstances" of up to 10 school days per year.

But amendments enacted last September removed references to family holiday and extended leave, as well the "statutory threshold" of 10 school days.

The Sutherlands were forced to pay more than \$1,800 in costs and fines. Meanwhile, an online petition seeking a reversal of the amended rules has gathered more than 200,000 signatures.

Representatives for public school boards in Toronto, Montreal and Vancouver told The Canadian Press that cases are addressed on an individual basis, and the decision on whether kids will miss class ultimately rests with the parents, provided they obtain proper clearances from school officials.

Toronto District School Board spokesman Ryan Bird said their policy is that teachers shouldn't be expected to provide detailed classroom work and homework assignments for students who are away for extended periods of time as a result of family or parent-initiated absences.

In an email, Sam Hammond, president of the Elementary Teachers' Federation of Ontario, said the union is opposed to having teachers develop homework assignments for students who are absent.

"Teachers often do get requests for homework when students are going to be away, and it does require additional work for the teacher planning what activities will be meaningful for a student when they're not in class, and trying to make sure that they do get caught up on assessments," said Dianne Woloschuk, president of the Canadian Teachers' Federation.

THE CANADIAN PRESS

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# How best to succeed in post-secondary situations? Start with a little class

## On-campus etiquette.

While working hard for those As and Bs, it's important to brush up on your Ps and Qs

LASSE EMIL KRISTIANSEN  
Metro World News

Don't look sloppy, be nice to your fellow students and greet people with a firm handshake. These simple rules might seem obvious, but they're certainly not on the syllabus. In her book *The Essentials of Business Etiquette: How to Greet, Eat and Tweet Your Way to Success*, Barbara Pachter will guide you through your studies without looking ignorant or unprofessional.

## When is it appropriate to



Nothing beats a solid handshake when it comes to business encounters. iSTOCK

## tweet your professor?

Usually professors let their students know the best way to reach them, including

whether sending a direct message is appropriate. If a professor doesn't say anything, you can always ask.

## Is it ever appropriate to friend request your professor on Facebook?

Before you send a request,

ask yourself: "Do I really want my professor to read my posts?" Plus, professors will often express their opinions about connecting with their students on social media. One professor tells her students that she will only connect with them on LinkedIn, and only after the semester has ended. My students can like my business Facebook page.

## What is the proper way of greeting someone at a business meeting?

The handshake is the proper business greeting. Both men and women should stand when they shake hands.

## When you are having lunch with a business associate what is the ideal thing to order?

Remember that the purpose of a business meal is business, not food. Order what you know how to eat, what is easy to eat,

and what you like to eat. A business meal is not the time to experiment. Also, order something in the mid-price range. If you order the most expensive item, it will look like you are taking advantage.

## When applying to MBA programs, what is the best way to reach out to professors you're interested in working with?

I would send an email to the professor. Use a descriptive subject line to catch the professor's attention. Make sure the message is clear about what you want. Use polite language and eliminate any typos. Include your contact information — including full name and phone number.

## How many emails is it appropriate to send if you don't receive a response?

Emails do get lost so I would wait a week or so and then send one more.

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[worksforme.ca](http://worksforme.ca)

# Skinny dip your favourite fruit in sweet Baileys Irish Cream Fondue



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on Twitter  
@rosereisman

**Sweet Week.** Prepare to feel your teeth ache as Metro gets in the mood with a different Valentine's recipe each day this week

What makes for a more outstanding Valentine's Day than ending a meal with a luscious chocolate fondue? It's perfect for the romantic couple as well as a great family treat.

Not to mention, a bubbling pot of melted silky chocolate during the coldest month of the year will warm up anyone's heart.

My light chocolate fondue is not an oxymoron! You can definitely have your chocolate and eat it too, without worrying about excess calories, fat and cholesterol. My fondue recipe uses 2 per cent evaporated milk rather than heavy cream, which is traditionally used.

If you want more antioxidants use chocolate with a higher percentage of cocoa. But above 70 per cent cocoa is too bitter for a fondue.

Semi sweet has around 35 per cent cocoa content and suits this recipe well.

You can also experiment with white or milk chocolate, but you may have to add more evaporated milk.

Any liqueur of your



This fondue contains 240 calories per serving. ROSE REISMAN

choice will work or you can omit completely. My favour-

ites include Kahlua, crème de menthe, Frangelico or

fruit liqueur. Slice up your favourite

fruit, dried fruit and some mini marshmallows and

## FLASH FOOD

From your fridge to your table in 30 minutes or less

you're ready to dip! My favorite fruits for dipping include scrumptious strawberries, bananas, pineapple, honeydew and cantaloupe.

If you don't have a fondue set, just serve in a decorative heat proof bowl surrounded by the dipping ingredients.

Leftover fondue can be refrigerated and reheated for the next dipping party.

### Directions

- In a small saucepan on the lowest heat, combine chocolate and evaporated milk. Whisk constantly for 3 minutes just until chocolate is melted.
- Add sugar, corn syrup and Baileys and simmer for 5 minutes on the lowest heat, whisking constantly.
- Place in a bowl or fondue set with ingredients to be dipped.

### Ingredients

- 8 oz semi sweet chocolate chips
- 1/2 cup 2% evaporated milk
- 1 cup icing sugar
- 2 tbsp corn syrup
- 2 tbsp Baileys liqueur
- 4 cups combined sliced fruits, dried fruits, mini marshmallows

Check out [www.robertsoncollege.com](http://www.robertsoncollege.com) or call 587.405.0954

## More cheesy than V-Day cards

Begin your Valentine's Day evening by firing up the flame of eternal love with the ultimate romantic sharable dish, Canadian Swiss and Canadian Gruyère Cheese

Fondue.

**2. Mix flour and cheeses.**

**1. Rub bottom and sides of a fondue pot with garlic. Place a basket filled with bread cubes on the table.**

Pour wine into fondue pot and heat over medium heat. Gradually add a third of the grated Canadian Swiss and Canadian Gruyère cheese, stirring constantly with wooden spoon until cheese has melted and the mixture begins to bubble.

### Ingredients

- 1 garlic clove, halved
- 1 baguette bread, slightly stale, cut into large cubes
- 1 1/2 cups (375 ml) dry white wine
- 1/3 cup (80 ml) kirsch
- Pinch of grated nutmeg
- Freshly ground black pepper
- 1 lb (450 g) Canadian Gruyère cheese, grated
- 1 1/2 cups (375 ml) dry white wine
- 1/3 cup (80 ml) kirsch
- Pinch of grated nutmeg
- Freshly ground black pepper

Continue stirring while gradually adding remaining Canadian Swiss and Canadian Gruyère cheese. Add kirsch and nutmeg, season with pepper and place fondue pot on a lit alcohol burner. DAIRYGOODNESS.CA

Day 2

## Canada's momentum slows after historic day

After a best opening day ever at a Winter Olympics, Canada cooled on Day 2 with a single silver medal in figure skating.

The second-place finish in the new team event gave Canada a total of four medals at the 2014 Winter Games in Sochi, Russia.

Canada opened with a medal of every colour Saturday, including Justine Dufour-Lapointe's gold in women's moguls.

The stated objective for Canada is to win the overall medal count after finishing third with 26 in 2010.



### THE GOOD

Canada's figure skaters should feel good about themselves heading into their individual events after capturing silver in the new team event. A showdown is brewing in men's singles between Canada's Patrick Chan and Russia's Evgeni Plushenko.

### THE BAD

- Snowboard slopestyle world champion Spencer O'Brien of Courtenay, B.C., had a rough day at Rosa Khutor Extreme Park and finished last. A tearful O'Brien told reporters she was "really sad that I let Canada down."

- No medal in men's downhill, although Erik Guay of Mont Tremblant, Que., Manny Osborne-Paradis of Invermere, B.C., and Calgary's Jan Hudec have another chance in Sunday's super-G to end a 20-year medal drought in alpine skiing.

- Alex Harvey of St-Ferréol-les-Neiges, Que., will have more chances at a cross-country medal at these Winter Games, but he was 18th in his first attempt in the men's skiathlon.

Canada's Sunday grade: C  
THE CANADIAN PRESS

# Bittersweet silver for Virtue, Moir

### Figure skating.

Canada places second in inaugural team event, but duo worried about ground lost on American rivals

Scott Moir peered up the point spread and cursed quietly under his breath.

Then somebody reminded him he'd just won an Olympic medal.

Canada captured silver in the new team figure skating event at the Sochi Olympics on Sunday, but it came with mixed feelings.

Elation for Kevin Reynolds, who filled in admirably for Patrick Chan in his first international event this season. Shock for Tessa Virtue and Moir, who lost to American ice dance rivals Meryl Davis and Charlie White by their largest margin ever.

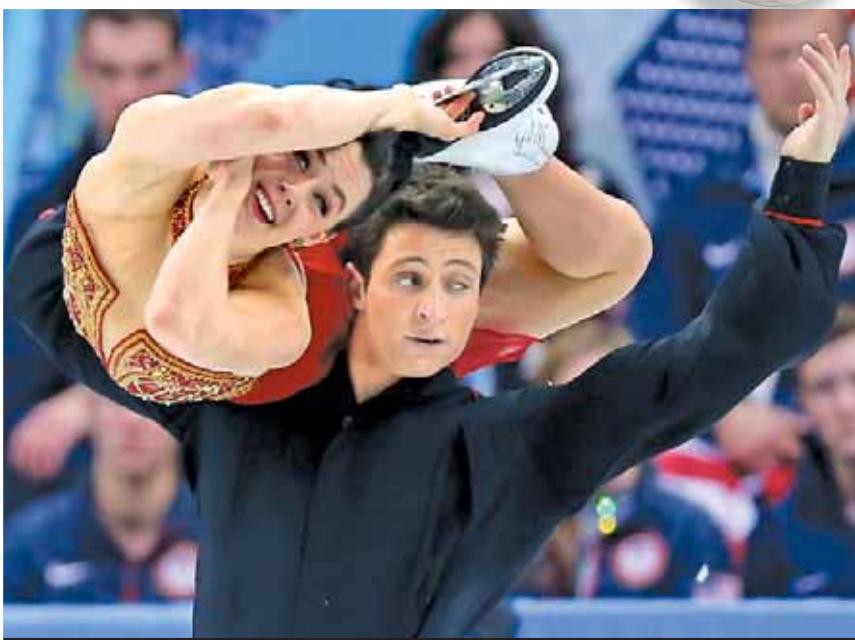
"We got smoked today, not even close," said Moir, Canada's team captain. "We just can't be that way ... it's not fun to be seven points behind in the free program. We don't plan on being there in a week."

Cheered on by an arena filled largely by its countrymen, President Vladimir Putin, and a burly man banging on a huge bass drum, Russia clinched its first gold medal

#### Quoted

**"We'll take a night here and celebrate with our team, but you can already see the wheels turning in my head..."**

Scott Moir



Tessa Virtue and Scott Moir perform their free dance in the ice dance portion of the team figure skating event on Sunday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

of the Games with a dominant 75 of a possible 80 points. The Canadians had 65, five more than the third-place Americans.

The nine-member Canadian team — Virtue and Moir, Chan, Reynolds, Kaetlyn Osmond, Meagan Duhamel and Eric Radford and Kirsten Moore-Towers and Dylan Moscovitch — grabbed each other in a massive group hug afterward.

They clasped hands in a Broadway style bow in the flower ceremony. Moir, however, didn't get a bouquet — the presenters were somehow one bouquet short — so Virtue reached over and clasped his hand and they held her flowers together.

In the post-podium victory

lap, Moir sailed a huge Canadian flag over his head.

"We couldn't be happier for our team," Virtue said. "It's been so much fun to cheer on our teammates all week long, they've had a lot of personal bests, a lot of special Olympic moments and it doesn't get any better than that."

But Canada's defending ice dance champions have to hope for much better when their individual event begins next Sunday.

Davis and White, who had never beaten the Canadians in the free dance by more than about a point-and-a-half, scored 114.34, topping them on the technical score and all five components — what used to be the artistic — scores.

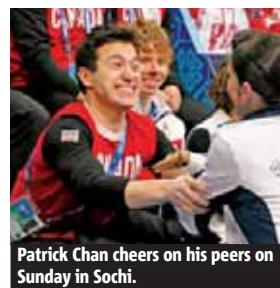
THE CANADIAN PRESS

#### Highlight of the night

**Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.**



# Chan savours his first Olympic medal



Patrick Chan cheers on his peers on Sunday in Sochi.  
DARRON CUMMINGS/THE ASSOCIATED PRESS

Patrick Chan collected his first Olympic medal Sunday, with the hope of more to come in the men's individual figure skating event.

But after watching teammate Kevin Reynolds, singles competitor Kaetlyn Osmond and ice dancers Scott Moir and Tessa Virtue wrap up the inaugural Olympic team figure skating competition, the three-time world champion from Toronto was feeling

#### Quoted

**"And to win a medal and to have such teammates, it really makes me proud to be Canadian." Patrick Chan**

the glow of a Canadian silver medal.

Chan skated the short program to kick off the team event Thursday. Chan was

fifth four years ago at the Olympics in Vancouver.

The 23-year-old Chan was on hand to cheer on his teammates in the Iceberg Skating Palace at the three-day event.

"Extremely nice," he said of winning a medal, which will be awarded at a ceremony Monday. "It's surreal, it's extremely surreal."

The men's event will begin on Thursday and conclude Friday. THE CANADIAN PRESS

4  
SPORTS

# Sister act strikes gold for Canada



Canadian sisters Justine Dufour-Lapointe, left, and Chloe Dufour-Lapointe show off their gold and silver medals from women's freestyle moguls at the 2014 Sochi Winter Olympics on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

**Sochi 2014.** Freestyle skiers Justine and Chloe Dufour-Lapointe make Canadian Olympic history

Skiing sisters Justine and Chloe Dufour-Lapointe won over many new fans as the first Canadian siblings to medal in the same Olympic event.

But in a packed news conference Sunday, Chloe wept as she reflected on two of their most important influences: their parents.

"I'm sorry, I'm overwhelmed," said the 22-year-old women's moguls silver-medallist. "This is the best moment in my life."

She said she and her two sisters — 19-year-old gold-medallist Justine and 25-year-old Maxime, who competed in the same event but didn't place — knew they couldn't let their parents down after they'd made sure their

daughters had everything they needed to participate in sports.

"You would think that it's not a big deal because it's a run down the hill," Chloe Dufour-Lapointe said. "But there are years of training behind it and I just told myself, 'You have to be very brave; you have to do what you can.'"

The moment loosened up a tightly orchestrated news conference, with French and English-speaking journalists squabbling about which language answers should be spoken in and where everyone should stand when the athletes entered the room with their parents.

The middle sister made the affair a family celebration, where the girls and their parents talked about sharing pea soup, summers on a sailboat and sibling rivalry.

And the future, too — Maxime said she plans to definitely compete again to try to match her sisters, and Justine speculated about launching a clothing line.

Sitting next to them, their

## Bump and Jump

If Alexandre Bilodeau of Rosemère, Que., and Mikael Kingsbury of Deux-Montagnes, Que., continue their dominance, Canadians will be celebrating another 1-2 finish in moguls on Monday.

- Double Trouble.** The two skiers have dominated the World Cup circuit this season and Bilodeau is the defending champion after his 2010 win where he became the first ever Canadian to win Olympic gold on home soil.

father, Yves Lapointe, was asked about the sacrifices he'd made to get them to that point.

The engineer said he wouldn't put things that way. "It's all about choices — what you want to do," he said. "Sacrifices, I don't think is the right word. Choice is much better."

THE CANADIAN PRESS

## Figure Skating

### Parkinson hits personal best

Ottawa-born Paul Bonifacio Parkinson scored a season-best score in his free skating program Sunday as Italy finished fourth at the inaugural team figure skating event at the Sochi Olympics.

Parkinson, who turns 23 next Sunday, was given a score of 121.23, up from the 120.70 he posted at the Nebelhorn Trophy last September.

Still the score left him last among the men competing in the five-country final field. Russia's Evgeni Plushenko won with the free program with a score of 168.20, ahead of Canadian Kevin Reynolds (167.92).

The rankings translate into points for the team standings. Russia ultimately won gold with 75 points, ahead of Canada (65) and the U.S. (60). Italy was fourth with 52 points.

The three-day team event featured a male, female, pairs and ice dance couple from each country competing.

Parkinson holds dual citizenship by virtue of his mother, who was born in Italy. THE CANADIAN PRESS

### Curling. Canada, Norway are dressed for success

The Norwegian curlers have their kaleidoscope pants, but the Brad Jacobs team out of Sault Ste. Marie, Ont., is fiery, fit and ready to show it at the Winter Games.

Expect to see an intense Canadian men's curling team in form-fitting clothes when they step on the ice to open the Olympic curling competition Monday.

"We're going to be bringing everything we've got to every single game and the emotion that pours out of us sometimes, we can't control it," the skip says. "You can see that on the ice when a big shot is made and we all explode together."

The Norwegians are famous for their pants and bring a lot of colour to the game. Our team is known for the tight shirts and tight uniforms more than the colourful pants."

The Canadian men open against Germany's John Jahr and Switzerland's Sven Michel at the Ice Cube Curling Centre on Monday.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.



Canada's Brad Jacobs delivers the rock during a men's curling training session in Sochi on Sunday.

WONG MAYE-E/THE ASSOCIATED PRESS

and brothers E.J. and Ryan Harnden on the front end are riding a rocket that launched when curling nomad Fry joined the team a year and a half ago following stints with the Brad Gushue and Jeff Stoughton teams.

The foursome won the 2013 Tim Hortons Brier for their first Canadian title for all four of them. They finished second at their first world championship, falling to Sweden's Niklas Edin in the final.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.

THE CANADIAN PRESS

## MEDALS

(through 13 medal events)

Nation	G	S	B	Total
Norway	2	1	4	7
Netherlands	2	1	1	4
United States	2	0	2	4
<b>Canada</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>4</b>
Russia	1	2	1	4
Austria	1	1	0	2
Sweden	0	2	0	2
Czech Republic	0	1	1	2
Italy	0	1	1	2
Germany	1	0	0	1
Poland	1	0	0	1
Slovakia	1	0	0	1
Switzerland	1	0	0	1
Finland	0	1	0	1
Slovenia	0	1	0	1
Britain	0	0	1	1
Ukraine	0	0	1	1

## WHAT CANADA DID

### SUNDAY

#### ALPINE SKIING

**Men's downhill** — Erik Guay, Mont-Tremblant, Que. (21st overall, two minutes 7.04 seconds); Ben Thomsen, Invermere, B.C. (19, 2:08.00); Jan Hudec, Calgary (21, 2:08.49); Manuel Osborne-Paradis, Vancouver (25, 2:09.00).

#### BIATHLON

**Women's 7.5-kilometre Sprint** — Rosanna Crawford, Canmore, Alta. (25th, 22:10.8, one penalty); Megan Imrie, Falcon Lake, Man. (31, 22:19.5 (1); Zina Kocher, Red Deer, Alta. (32, 22:25.2 (2); Megan Heinicke, Prince George, B.C. (59, 23:34.5 (3).

#### CROSS-COUNTRY SKIING

**Men's 30-km Skiatlon** — Alex Harvey, St-Ferrel-les-Neiges, Que. (18th, one hour 10 minutes 0.2 seconds); Ivan Babikov, Canmore, Alta. (25, 1:10:14.6); Graeme Killick, Fort McMurray, Alta. (45, 1:13:16.1).

#### FIGURE SKATING

**Team Event (free skates)** — Kevin Reynolds, Coquitlam, B.C. (second, 167.92 points); **Ladies** — Kaetlyn Osmond, Marystown, N.L. (fifth, 110.73); **Ice Dance** — Tessa Virtue, London, Ont., and Scott

Moir, Ilderton, Ont. (second, 107.56) — Canada won the silver medal with 65 points.

#### LUGE

**Men's singles** — Sam Edney, Calgary (placed 11th overall in event with a time of 3:29.777 after four runs); Mitchel Malyk, Calgary (26, 3:32.157); John Fennell, Calgary (27, 3:32.716).

#### SKI JUMPING

**Men's K90 (normal hill) individual** — Mackenzie Boyd-Clowes, Calgary (ranked 36th after first jump with 134.4 points); Dusty Korek, Calgary (39, 111.1) — neither qualified for second and final jump.

#### SNOWBOARDING

**Women's slopestyle** — Spencer O'Brien, Courtenay, B.C. (12th overall in final round with best run of 35.00 points); Jenna Blasman, Kitchener, Ont. (11th in semifinals, 32.25 - did not qualify for final).

#### SPEEDSKATING (LONG TRACK)

**Women's 3,000** — Brittany Schussler, Winnipeg (20th, 4:14.65); Ivanie Blondin, Ottawa (25, 4:18.70).

## BIATHLON

At Krasnaya Polyana, Russia

### WOMEN'S 7.5-KILOMETRE SPRINT

(penalty laps in parentheses)

- Anastasiya Kuzmina, Slovakia, 21:06.8 (0);
- Olga Vilukhina, Russia, 21:26.7 (0);
- Vita Semerenko, Ukraine, 21:28.5 (0); **Also — 25.**
- Rosanna Crawford, Canmore, Alta., 22:10.8 (1);
- Megan Imrie, Falcon Lake, Man., 22:19.5 (2);
- Zina Kocher, Red Deer, Alta., 22:25.5 (2);
- Megan Heinicke, Prince George, B.C., 23:34.5 (3).

### FIGURE SKATING

#### TEAM EVENT (FINALS)

- Men — 1. Evgeni Plushenko, Russia, 168.20 points; 2. **Kevin Reynolds, Coquitlam, B.C.**, 167.92; 3. Tatsuki Machida, Japan, 165.85; 4. Jason Brown, U.S., 153.67; 5. Paul Bonifacio Parkinson, Italy, 121.23; **Ladies** — 1. Julia Lipnitskaia, Russia, 141.51; 2. Gracie Gold, U.S., 129.38; 3. Valentina Marchei, Italy, 112.51; 4. Akito Suzuki, Japan, 112.33; 5. **Kaetlyn Osmund, Marystown, N.L.**, 110.73; **Ice Dance** — 1. Meryl Davis and Charlie White, U.S., 114.34; 2. **Tessa Virtue, London, Ont.**, and Scott Moir, Ilderton, Ont., 107.56; 3. Elena Ilinych and Nikita Katsalapov, Russia, 103.48; 4. Charlene Guignard and Marco Fabbri, Italy, 81.25; 5. Cathy Reed and Chris Reed, Japan, 76.34.
- Final Standings — 1. Russia, 75 points; 2. Canada, 65; 3. U.S., 60; 4. Italy, 52; 5. Japan, 51.

#### SNOWBOARDING

At Krasnaya Polyana, Russia

### WOMEN'S SLOPESTYLE

- Jamie Anderson, U.S., 95.25; 2. Enni Rukajarvi, Finland, 92.50; 3. Jenny Jones, Britain, 87.25; 4. Sina Candrian, Switzerland, 87.00; 5. Sarka Pancrova, Czech Republic, 86.25; **Also — 12.** Spencer O'Brien, Courtenay, B.C., 35.00; Semifinals — 11. Jenna Blasman, Kitchener, Ont., 32.25; 10.50) 32.25 (did not advance).

#### WOMEN'S HOCKEY

#### PRELIMINARY ROUND

- Sunday's results
- Sweden 1 Japan 0
- Russia 4 Germany 1
- Saturday's results
- Canada 5 Switzerland 0
- U.S. 3 Finland 1
- Monday's games
- U.S. vs. Switzerland, 5 a.m.
- Finland vs. Canada, 10 a.m.

# NHLers blazing a trail into Sochi

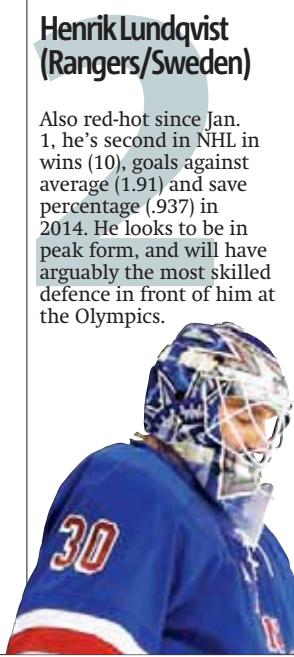
The NHL is officially on break now, with many of its top players flying to Russia on Sunday to prepare for the start of the Olympic hockey tournament on Wednesday. Here's a look at six of the hottest NHL performers heading into Sochi:

TORSTAR NEWS SERVICE Photos by Getty Images



**Phil Kessel**  
(Leafs/USA)

He's having his best season as a Leaf, and has been the NHL's top scorer since Jan. 1 (11 goals, 17 assists in 19 games). He's second in the league in goals and fourth in points, and has hit top-10 status in several NHL player power rankings.



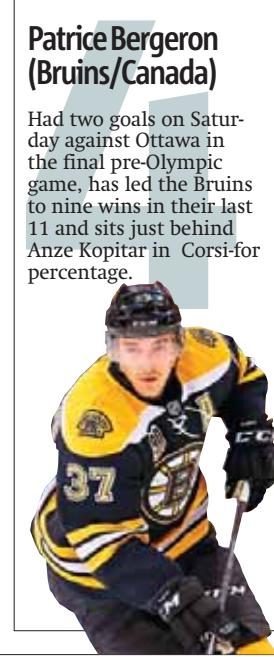
**Henrik Lundqvist**  
(Rangers/Sweden)

Also red-hot since Jan. 1, he's second in NHL in wins (10), goals against average (1.91) and save percentage (.937) in 2014. He looks to be in peak form, and will have arguably the most skilled defence in front of him at the Olympics.



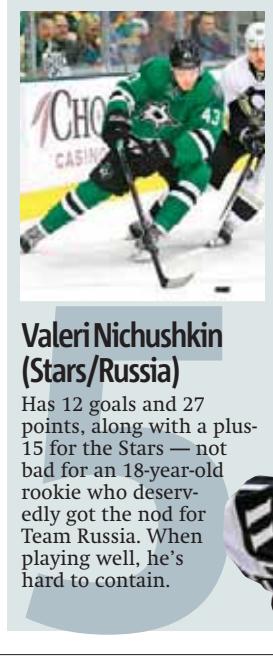
**Jamie Benn**  
(Stars/Canada)

Has 22 goals and 51 points, easily on pace for new career highs. It's a first Olympic appearance for Benn, who many believe will be one of the top forwards in the game.



**Patrice Bergeron**  
(Bruins/Canada)

Had two goals on Saturday against Ottawa in the final pre-Olympic game, has led the Bruins to nine wins in their last 11 and sits just behind Anze Kopitar in Corsi-for percentage.



**Valeri Nichushkin**  
(Stars/Russia)

Has 12 goals and 27 points, along with a plus-15 for the Stars — not bad for an 18-year-old rookie who deservedly got the nod for Team Russia. When playing well, he's hard to contain.



**Anže Kopitar**  
(Kings/Slovenia)

He currently sits third in even-strength Corsi-for percentage at 61.1, and is set to make history by becoming the first player in Olympic hockey to be coached by his father (Matjaž Kopitar).

# Flawless victory: Homan finishes Scotties 13-0

**Curling.** Ottawa rink dominates the field to repeat as champs and earn berth at women's world championship



**Team Canada skip Rachel Homan**  
reacts after defeating Alberta in the final of the Scotties on Sunday in Montreal. THE CANADIAN PRESS

Rachel Homan never got to throw a final stone in a 10th end.

Such was the dominance of Homan's Canada team, which went undefeated to claim a second straight Scotties Tournament of Hearts with an 8-6 victory over Alberta's Val Sweeting on Sunday night.

"We ran the table," said Homan. "It's an unbelievable feeling."

"I couldn't be more proud of my teammates. To be repeat champions is something we're crazy-proud of."

The Ottawa team of Homan, lead Lisa Weagle,

ended along the way, including in the final, when they scored three in the second end and never looked back.

"Being repeat champs is something we've worked hard for and it's something not a lot of teams have done," said Homan. "That's what I'm proud of — coming back and showing that we can do it again and that we're still dominant."

Prime Minister Stephen Harper, who has watched Briers but never before attended a Scotties, was in his Canadian Olympic team jacket among the crowd of 2,861 at the Maurice Richard Arena to watch both the final and the bronze medal game won by Manitoba's Chelsea Carey.

The win puts Homan's rink into the women's world championship March 15-24 in Saint John, N.B., looking to improve on the bronze she won at last year's worlds. THE CANADIAN PRESS

**Michael Sam**

**'I am an openly proud gay man': NFL draft prospect**

Missouri All-American Michael Sam says he is gay, and the defensive end could become the first openly homosexual player in the NFL.

In interviews with ESPN, The New York Times and Outsports that were published Sunday, Sam said his teammates and coaches at Missouri have known since August.



**Michael Sam** GETTY IMAGES FILE

"I am an openly proud gay man," he said.

The 255-pound Sam participated in the Senior Bowl in Mobile, Ala., last month after leading the SEC in sacks (11.5) and tackles for loss (19), and he is projected to be a mid-round NFL draft pick.

"It's a big deal. No one has done this before. And it's

kind of a nervous process, but I know what I want to be ... I want to be a football player in the NFL," he said in the interviews.

There have been numerous NFL players who have come out after their playing days, including Kwame Harris and Dave Kopay.

Last year, NBA player Jason Collins announced he was gay after the season. Collins, a 35-year-old backup centre, was a free agent and has not signed with a new team this season. MLS star and U.S. national team player Robbie Rogers also came out a year ago. THE ASSOCIATED PRESS



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**Horoscopes****Aries****March 21 - April 20**

If someone is behaving badly that does not mean you have to follow their example. This is going to be an important week, especially for relationships, so don't go annoying people just for the fun of it.

**Taurus****April 21 - May 21**

Don't be afraid to admit that you are out of your depth. The moment you speak up, you will have friends and family members rushing to assist you, so why suffer in silence?

**Gemini****May 22 - June 21**

Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

**Cancer****June 22 - July 23**

Don't worry too much if not a lot is going right for you. Later in the week the tide will turn in your favour and you will be in control of your own destiny again. You have little to fear and lots to look forward to.

**Leo****July 24 - Aug. 23**

Steer clear of others' disputes today. No matter how well-intentioned you may be, you are likely to end up supporting the wrong side, which won't do your rep for picking winners much good.

**Virgo****Aug. 24 - Sept. 23**

Someone who is down on their luck will come to you for assistance and you won't have the heart to turn them away. Hopefully you'll also have the sense to see that their troubles are of their own making.

**Libra****Sept. 24 - Oct. 23**

Mars in your sign makes you confident and assertive but you are still advised to start the week slowly and carefully. Save yourself for next weekend when you'll be a winner in everything you do.

**Scorpio****Oct. 24 - Nov. 22**

Don't worry too much if you feel gloomy today because you will brighten up later in the week. If you don't feel like working or socializing, don't force yourself. Sit quietly, and meditate.

**Gemini****May 22 - June 21**

Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

**Capricorn****Dec. 22 - Jan. 20**

You will find it easier to be assertive on the work front over the next seven days but don't go too far and give others the impression that you are turning into a dictator. Persuasion always works better than coercion.

**Aquarius****Jan. 21 - Feb. 19**

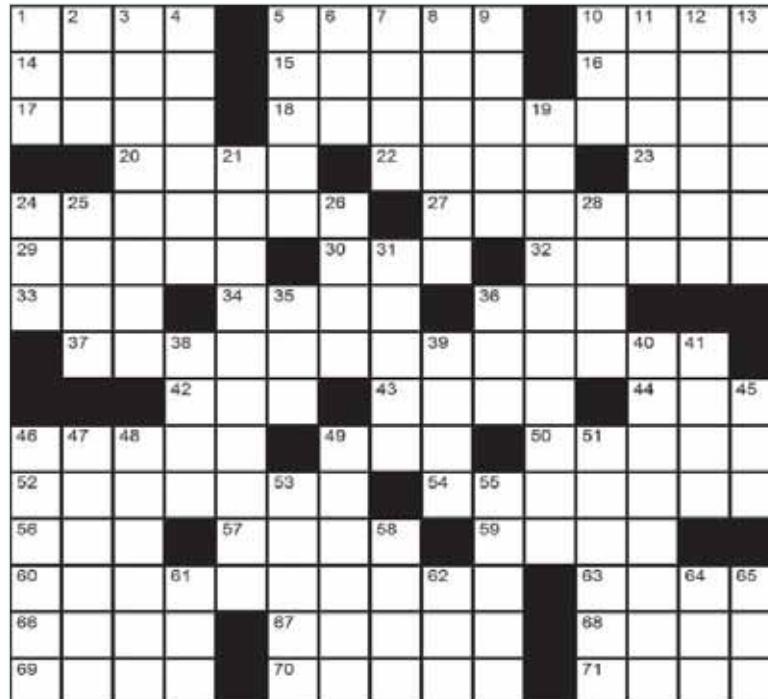
The message of the stars as the new week begins is you have nothing to worry about. For some reason though you can't help but be suspicious and that could cause problems with colleagues.

**Pisces****Feb. 20 - March 20**

You may be tempted to cut corners but if you do you will be found out around the time of the full moon on the 14th. SALLY BROMPTON

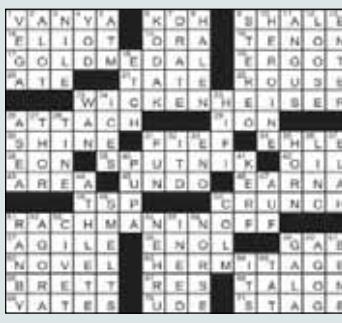
**Crossword: Canada Across and Down****Across**

1. Park, in Hamilton
5. 13th-century Russia invader
10. Engaged guy's event
14. Seed covering
15. Came about
16. Space
17. "Am \_\_\_ early?"
18. Canadian Country Music: Stephanie Cadman, Kendel Carson and Miranda Mulholland's trio: 2 wds.
20. Corleone Family leader
22. Salt amount
23. Tub
24. "A Little Respect" group
27. Prehistoric stone artifact
29. Radio dial
30. Perform
32. "The War of the \_\_\_" (1989)
33. House room
34. Ms. Reid
36. "Jeff \_\_\_" (Canadian comedy series)
37. SOCHI 2014 - Biathlon component: 2 wds.
42. Celtic sea god
43. Hair removal brand
44. Goon
46. Font flourish
49. Volcano's spewn material



50. "Are too!" comeback: 2 wds.
52. "Kate & \_\_\_" (2001)
54. Disentangles
56. Ms. Rand
57. Origin
59. Hosp. readouts
60. Canadian History: 1839 'Report' writer: 2 wds.
63. Thunderbirds org.
66. "\_\_\_ the other hand..."
67. Manage: 2 wds.
68. Cars: \_\_\_, oil and filter
69. Ms. Suvari
70. \_\_\_ Edibles (Mrs. Garrett's gourmet shop on "The Facts

- of Life")
71. Prophet
1. Moo goo \_\_\_ pan (Take-out dish)
2. Painting
3. Explorer-to-Canada, John Cabot aka Caboto
4. The Plaza Hotel's
- fictional resident
5. Small drum
6. Standard song: "Chances \_\_\_"
7. Narrated
8. Tilted
9. Peanut Butter Cups
10. Roasted
11. Country singer

**Friday's Crossword****Sudoku**

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Friday's Sudoku**

5	4	3	7	6	1	8	9	2
7	2	9	8	4	3	1	5	6
6	1	8	9	2	5	3	7	4
2	8	1	4	5	7	9	8	3
8	5	4	2	3	9	7	6	1
3	9	7	1	8	6	4	2	5
4	3	6	5	9	8	2	1	7
1	8	2	6	7	4	5	3	9
9	7	5	3	1	2	6	4	8

6	5	4		7
			6	3
4	2			2
	7	3		1
1				6
2		1	9	
			3	7
4	5	3	9	
1			4	8
			5	

**Weather**

TODAY

TUESDAY

WEDNESDAY

MAX: -19°  
MIN: -26°MAX: -19°  
MIN: -22°MAX: -17°  
MIN: -22°
**MICHELE MCDOUGALL**  
**WEATHER SPECIALIST**

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